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Carmel Valley



Sun

February 1983

Supervisors Exempt Lots In Portions Of Carmel Valley

A decision made February 15 by the Monterey County Board of Supervisors made it possible for property owners in portions of Carmel Valley to develop their lots.

The Supervisors accepted the recommendation of County Health Officer Walter Wong to consider the lots in four sub-basins on an individual basis. There are 193 lots of record that were given an exemption; They would otherwise be restricted by a 1981 wastewater study done by the consulting firm of Montgomery Engineers.

There were conditions involved for developing the lots. The parcels must have no physical constraints and the septic tank must have dual leach fields. Even with the exemption there will still be lots that can't be developed because of other constraints like lot size and slope.

Wong made the recommendation based on further studies done by the engineers. The intent was to settle the concern of property owners and to deal with lots of record that have been approved for years.

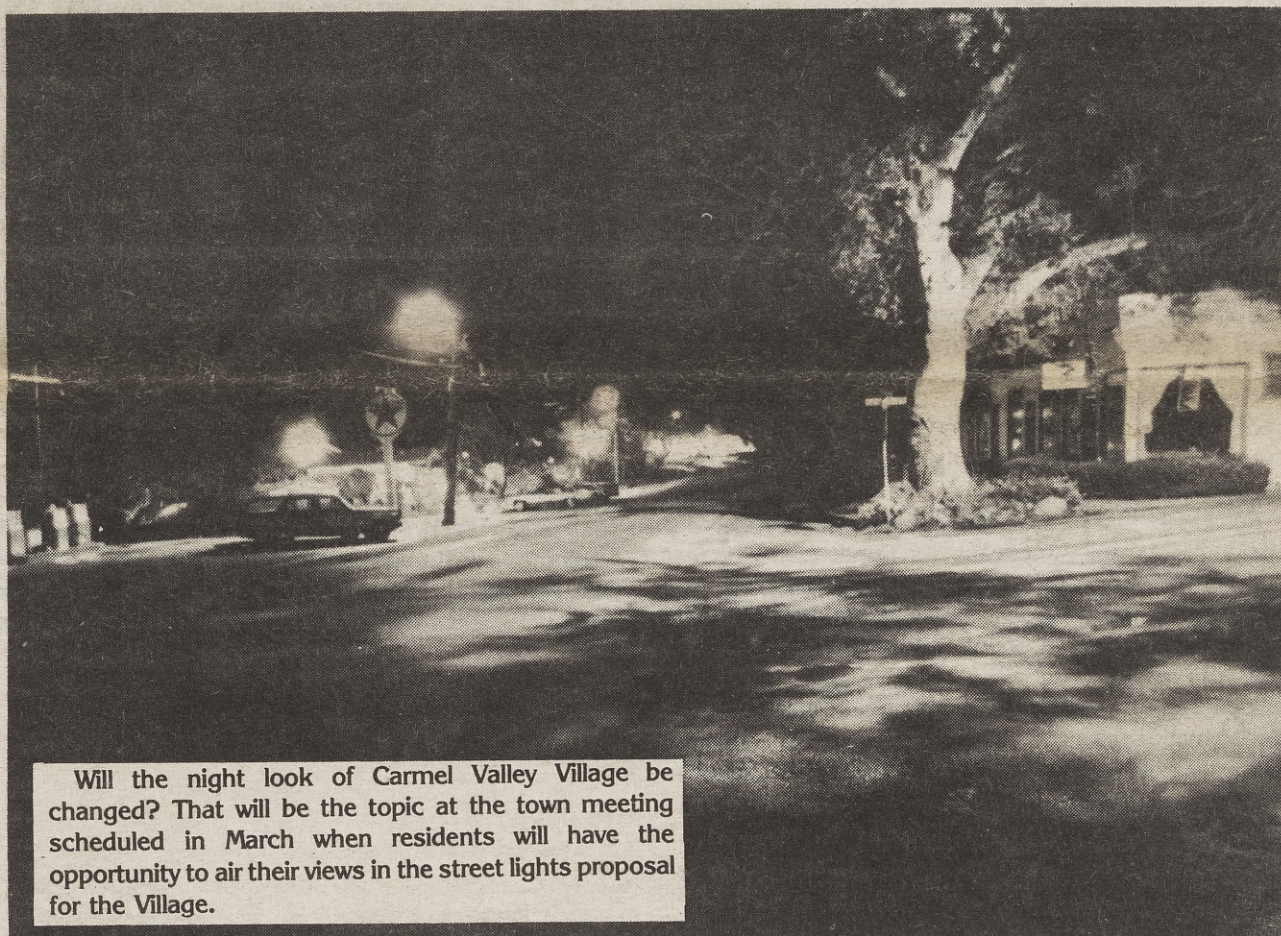
According to Wong, his recommendation was based on the fact that land use constraints were less than the constraints put on

by the waste water study. The study considers the Valley as a whole and not on an individual sub-basin basis.

In the study the engineers divided Carmel Valley into 48 sub-basins. Each sub-basin has a different application rate which says how many houses you can have in each sub-basin. The study shows there are four sub-basins that are discharging too much sewage; Two are in Carmel Valley Village and two are in the Schulte Road area.

"This is where the misunderstanding occurs. Everybody thinks this is the whole Carmel Valley; It isn't. This is only four little basins out of 48. The rest of Carmel Valley not only can you build out your existing approved lots but the maximum growth of the valley population is 9500. The present is 6500 so you really get 3000 more units to build when the whole valley is developed," said Wong.

According to Wong if the 193 lots are allowed to be built the four sub-basins will exceed allowable nitrate levels but in terms of the whole valley it will be negligible. The valley has to be considered as a whole because the sub-basins are not confined systems, according to Wong.



Will the night look of Carmel Valley Village be changed? That will be the topic at the town meeting scheduled in March when residents will have the opportunity to air their views in the street lights proposal for the Village.

Town Meeting Called For Street Lights

"To be or not to be. That is the question."

Whether or not valley residents want additional lights in Carmel Valley Village will be the topic of a town meeting at 7:30 pm., March 22, at the Community Center on Ford Road.

The meeting, sponsored by the Carmel Valley Property Owner's Association, is to give the community an added opportunity to air their views on the lighting issue. The co-sponsors are the Carmel Valley Village Improve-

ment Committee and the Carmel Valley Community Youth Center.

One of the featured speakers will be a representative of the Local Agency Formation Commission. LAFCO is investigating the feasibility of forming a County Service Area which would provide the funds for installing the street lights through a benefit by co-sponsors.

The Improvement Committee requested the CSA formation and the Community Center would like financial assistance if a

CSA is to be formed. After the speakers presentations there will be an open forum for questions and answers.

According to Improvement Committee Chairman Roger Williams, the lights will improve the appearance of the Village and add to safety and security. Installing them later will greatly increase the cost.

"We'll see what happens at the meeting," said Mr. Williams. "If they don't want lights, they don't want lights, but this is a perfect opportunity to get them

done while the streets are all torn up already for undergrounding the utility wires.

Editors Note: The street lights have no bearing on undergrounding the utilities other than saving on the cost of having the lights installed. Even if the lights do not get installed underground utilities will still take place.

The lights have had previous public hearings by the Monterey County Board of Supervisors, LAFCO, and the Improvement Committee.

Peninsula Women Took Part In U.S.S.R. Peace Mission

With tensions rising between the U.S. and U.S.S.R. and the constant threat of a nuclear war, women peace activists organized their own tour to the Soviet Union. Eight local community leaders participated in a twenty one woman peace mission to the Soviet Union.

The trip was not to meet with the Soviet government, but to meet with Soviet women actively working towards peace. This "grassroots" mission grew out of an international network of women working towards reaching peaceful world solutions.

The group left the U.S. with their individual ideas of what things would be like in the Soviet Union on November 7, 1982. In two weeks they traveled over 6,500 miles to four major cities and met with over 100 peace activists. The women said they discovered a sincere desire for peace among the Soviet people. The local women attending the mission were Helga Burch, Jan Criley, Joan Hopkins, Naomi Kanakoris, Rosemary Matson, Pearl Ross, Patricia Schroeder and Jackie Smith.

Ms. Ross, a member of the World Affairs Council board and United Nations Association of Monterey County, was interested in the role women play in the Soviet government. She learned that more women are becoming active in the governing body, but are still not in positions of decision making. Ms. Ross felt that the increasing feminine influence is partly responsible for loosening certain restrictions in the last twenty years. She feels that balancing the world's governing bodies with female representation will lead to a more peaceful world. "At present the world's in a struggle between nationalism and internationalism. To move towards peace, countries must develop their international sympathies and this mission was a movement toward that goal," she said.

Ross was touched most when she saw how the Soviet people had suffered from W.W.II. "Not one person was untouched by the devastation of losing twenty million people," she said.

Ross fears that because the U.S. has never suffered a war on its own soil, Americans don't understand the real consequences of war. "I hate to say something like this and I hope it never happens, but if our country had some bombs dropped on it, people would be more afraid of war," she added.

Joan Hopkins of Carmel Valley made the tour as a representative from the Planetary Initiative. She brought on the tour her college experience where she majored in international relations. "The people in the Soviet Union are good people. People in the U.S. are good people. I think their governments are totally out of whack. They mirror each other in paranoia and the people mirror each other in their desire for peace," said Ms. Hopkins.

Ms. Hopkins is also a musician and composer and has written over 50 peace songs and an opera on peace and ecology. She wrote twelve peace songs for a cassette intended to raise money for the anti-nuclear movement. Copies of the tape "Swords and Ploughshares" were left in the cities she visited.

Jan Criley from Carmel, a member of Women's Action for Nuclear Disarmament, was interested in the Soviet education system. It was obvious to her that Soviet children are well cared for and highly regarded. Young people attended concerts and cultural events in large numbers and their educational system was aimed at technical skills as well as developing the expressive side of the individual. Languages, music, art and world history are included in their learning program.

Ms. Criley felt the U.S.S.R. is seriously investing in their children as the future. She expressed concern in our own government's cut backs in welfare and education programs affecting our young people. During her travels she found that in the Soviet Union children are a priority. "It's difficult for me to believe that a country that cares so much for their youth wants anymore lost in war," she said.

Coordinator for the Monterey County Nuclear Weapons Freeze, Jackie Smith was specifically invited on the tour to speak at the Peace Committee Meetings about the nuclear freeze movement in the U.S. She found the U.S.S.R. has a government sanctioned committee with 120 branches throughout the country. She could not tell how much influence the group actually had on it's government, but the government formally adopted to support a nuclear freeze policy suggested by the Peace Committee, she informed. In the U.S., we have many groups representing diverse segments of the population working for a nuclear free future. To her it seems the Americans and Soviets had organized their movements in different ways but the desire and commitment towards mutual goals were sincere. Ms. Smith felt American peace activists have the advantage of more information about missile systems and policies.

The most striking memory for Ms. Smith was a woman she met in Leningrad that survived a 900 day siege during W.W.II. The woman told of bread made of saw dust, & being evacuated to the underground subway stations with no food or sanitation. Ms. Smith said as she traveled through Leningrad she thought about the miracle of those people that survived the siege and realized that no one would survive a nuclear war. It deepened her desire to continue

working in the peace movement. She hopes it will truly benefit both countries.

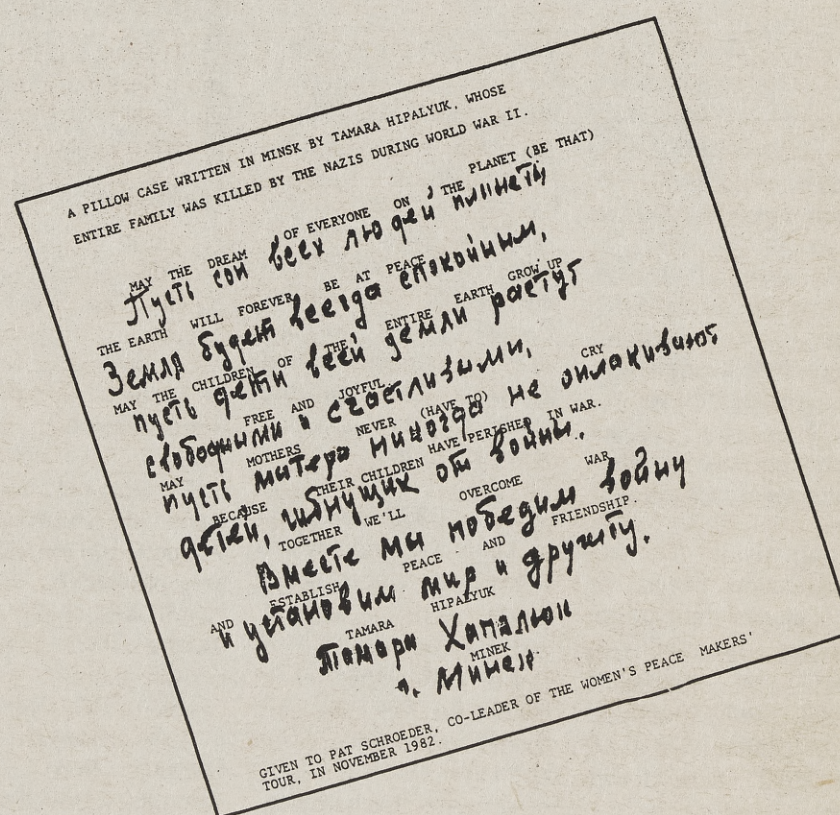
Naomi Kanakoris is a United Nations Association board member for Monterey County. The trip was partially what she anticipated but much of it was new and different. What impressed her most was the people on the Peace Committee. She expected the U.S.S.R. peace movement was a form of tokenism, but changed her mind. "We discovered a very dedicated, vital group of people involved with their own self-preservation," she said.

Helga Burch from Carmel Valley said she came back "really feeling the soul of the people there". "They are filled with so much love." Ms. Burch works with the Women's Action for Nuclear Disarmament. Her travels reminded her of the suffering war brings. Ms. Burch was moved by the welcoming open hearted love and the soul connection she felt. "They haven't forgotten they've lost 20 million," said Ms. Burch. The Soviet women's peace committee members spoke about losing husbands and sons. In all the meetings, Ms. Burch said there was a heart felt message, "We are human beings the world over and we should not be afraid of each other. We need more contact."

Patricia Schroeder and Rosemary Matson co-organized the peace mission. Ms. Schroeder hails from Santa Cruz and is an educator and media consultant. Ms. Matson of Carmel Valley is a counselor and veteran worker for human rights. The two met in 1980 in Copenhagen at the United Nations Decade for Women World Conference. They are also involved in Mothers for Peace, Women's International League for Peace and Freedom, Women to End War in the World, and Women's Action for Nuclear Disarmament. To continue generating dialogue between the U.S. and U.S.S.R., Schroeder and Matson are planning another trip for August.

"We were empowered by the Soviet women and they by us. The enemy is the nuclear threat and not each other. The only way is coming together," says Ms. Matson.

The people interested in learning more about the trip can write Rosemary Matson, Upper Valle Vista, Carmel Valley.



The women making the peace tour to the U.S.S.R. exchanged pillowcases with a message for peace. The women were to sleep on the pillowcases in hopes their dreams for peace would be realized.



The Carmel Valley Sun

Editor...Debra Saxton

P.O. Box 744
Carmel Valley, Ca. 93924
Telephone (408) 659-2950

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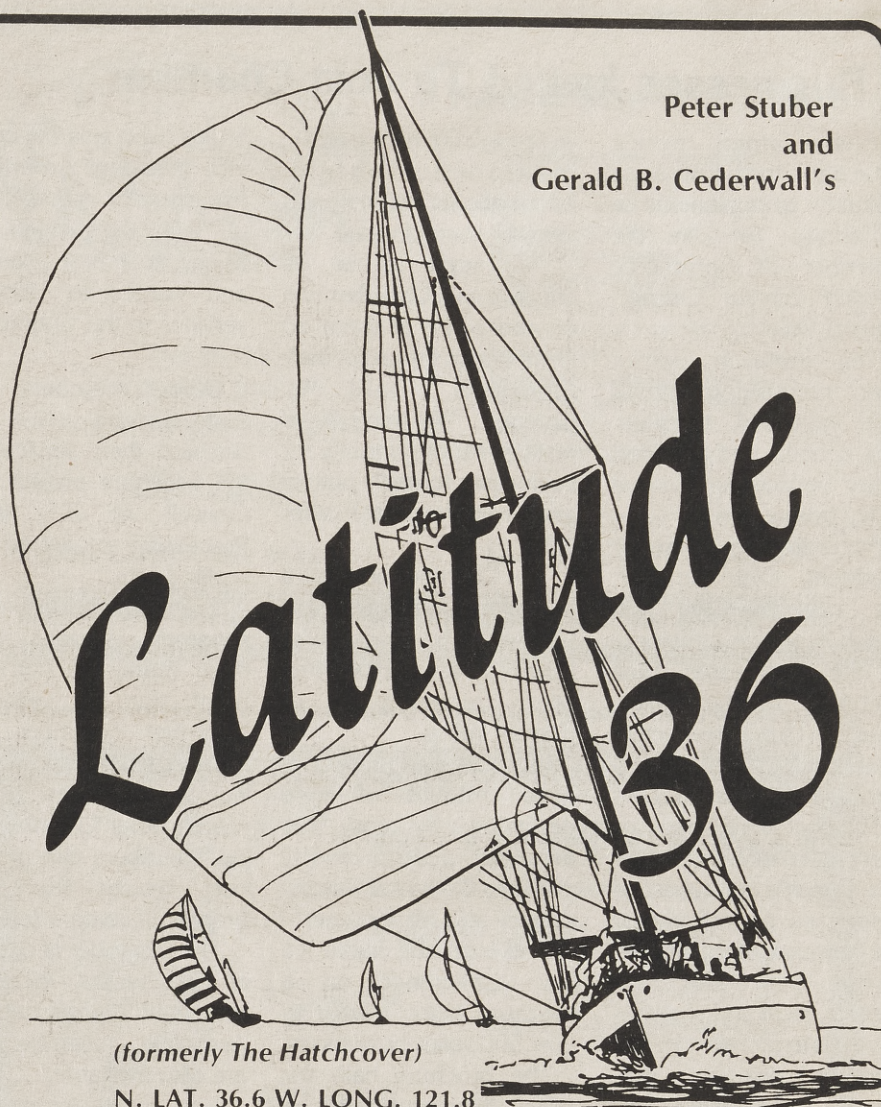
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Hawaii Trip Offered in Raffle Parent Club

Tempting prizes are being offered in the raffle drawing being sponsored by the Tularcitos Parents Club.

The raffle is a fund raiser and offers a grand prize of 7 days at the Pohailani Resort on the Hawaiian island of Maui. Round trip air fare for two is included. A second prize for three days at a Squaw Valley condominium has also been arranged.

Tularcitos supporters are invited to the raffle party scheduled March 19, at the Carmel Valley Trail and Saddle Club where the winning ticket will be drawn. Winners need not be present but might miss two hours of fun that will begin at 5 p.m. There will be hors d'ouvres and dancing. Drinks will be sold to raise

additional funds. During the party a separate raffle will be held for a large selection of donated items such as a turntable, dinners, and wine.

According to Pat Herro, Parent Club co-president, their goal is to earn enough funds beyond the expense of the raffle to assist important programs, add to curriculum and furnish supplementary supplies needed by teachers.

"The fund raisers aren't just for field trips and equipment anymore," said Herro. "With the school district taking cuts, and more cuts projected it's becoming more important to earn money for hard subjects."

One of the programs they hope to aid with the fund raiser is Chapter 1 which is a federally financ-

ed compensatory education program. Children who fall below grade level get special tutoring one half hour a day. "Some fall 50% below grade level," said Ms. Herro. She said she's seen some in the program brought up past grade level.

"Tularcitos had the program here first 2 or 3 years ago," said Ms. Herro. "The program went on to Woods School, so instead of having most of the money like we did in the past the district distributed the funds equally. Our program was cut back." In the past the program included language arts and math, now it concentrates on reading only.

The parent club also hopes the raffle will raise enough funds to pay off the school's copy machine. "The District paid for part, but the school has to come up with the rest," said Ms. Herro.

Raffle tickets are \$1 and available from students who have received parental permission. Each student selling tickets has an opportunity to win a weekly prize for the selling of the most tickets.

Gymnasts Make Strong Show At Championship Meet

Monterey gymnasts made a strong showing at the Northern California Boys Gymnastic Association meet held February 5, in Concord, Ca.

Representing Monterey were Chad Bosso, Chris Bosso, Jeremy Cohen, Joshua Cohen, Tommy Jung, Mathew Miller, Chris Olsen, Chris Scott, and James Scott.

In the Class III Division for 13-18 year olds, 13 year old Chris Olsen of Monterey took home a Bronze medal for All Around. He earned his medal by placing second on Floor Exercise, Pommel Horse and Still Rings; third on High Bar; and fifth on Parallel Bars.

Competing in Class IV for 10-12 year olds was Chris Bosso, Jeremy Cohen, and James Scott. At the meet Chris Bosso

took the 1983 NCBGA Championship for Vaulting. He also won the Silver medal for All Around. Bosso's other placements in the competition included fourth on Floor Exercise and fifth on Still Rings and Parallel Bars.

Jeremy Cohen's performance qualified him for the All-Star Regional Competition. He finished fourth All Around by taking third on Pommel Horse, fourth on Floor Exercise and fifth on Vaulting. At the All Star meet coming up March 6 in Sunnyvale, Cohen will face gymnasts from Arizona, California, Hawaii, and Nevada. He is the first Monterey peninsula gymnast to qualify for the All-Stars.

James Scott took fourth on the All Around competition by placing second on High Bar, third on Floor Ex-

ercise and fifth on Pommel Horse.

The Class V Division for 9 and under found a tough competitor in 9 year old Joshua Cohen. He took first place on All Around, Floor Exercise, Pommel Horse, Still Rings, and Parallel Bars. He also earned a fourth place on Vaulting.

Seven year old Chris Scott finished fourth All Around in Class V with a first on Vault, third on Parallel Bars and High Bar. Tommy Jung (8) of Pacific Grove received a medal for his High Bar performance.

For two of the team members - six year old Chad Bosso and seven year old Mathew Miller - the meet was their first state championship. Both put in strong performances.

The Northern California Championships proved rewarding for the Monterey gymnast. Three team members gave Monterey first places in six out of seven events. There were 20 gyms that participated in the championship.

The Monterey Gymnasts train at the Monterey Gymnastics Center at 220 Dela Vina Avenue, Monterey.

Businesses Invited To Join Chamber

Businessmen, here's your opportunity! An open invitation to businesses or individuals to join the Chamber Of Commerce Serving Greater Carmel/Carmel Valley.

The invitation comes after completing efforts that increased membership benefits and provided better service for Carmel Valley businesses.

According to Chamber President, Dick Krueger, the new services will hopefully entice a majority of the businesses now operating in the Valley. "You can't have an effective Chamber without members," said Mr. Krueger.

The goal of the Chamber is to create an organization that benefits all types of businesses or individuals. The new programs include a full time executive director, local and regional advertising, an inter-member discount program, newsletters, an annual directory, visitors

information center, insurance program, informational forums, and exciting social events.

"We want to be as effective as a Chamber can be and some of them do tremendous things for their members," said Mr. Krueger. "We think it's a really great opportunity for businesses to really pull together and help each other out."

The Chamber also has a new look. Sharon Sands of Carmel Graphics was asked to design a logo that would represent all of Carmel Valley.

"Sharon spent a tremendous amount of time designing it, and her original design really captures the feel of Carmel Valley," said Mr. Krueger.

The logo will make it's first appearance on a brochure being mailed to over 500 valley businesses.

The brochure calls for valley businesses to be "Partners in Progress." Jay

Sharp, who was Executive Vice President Advertising Manager for Alcoa, came up with the slogan. Mr. Sharp is a new member and wanted to offer his services to the Chamber.

Other members like Judy Caswell have also donated their services to the brochure project. Ms. Caswell of JCS Word Processing organized the mailing lists.

Even though most of the program revisions have been made the commitment for an effective Chamber continues. Executive Director John Tobias continues to research other Chambers so our members can get the best results from the programs being offered.

The Chamber is open to all businesses including non-profit organizations. Associate memberships are also available.

For more information call 659-4000 or 659-2456.



The Carmel Valley Chamber of Commerce revamped their programs and came up with a new logo as well. The new logo designed by Sharon Sands of Carmel Graphics captures the "feel" of all of Carmel Valley and it's businesses.

Postal Inspection Service Cautions Businessmen

Businesses lose millions of dollars each year by unwittingly cashing checks or honoring credit cards stolen from the mail.

Because of tourism and high transient rate many Carmel Valley businesses can become victims of those misappropriated items especially where false or altered identification is used.

To help protect your business the Postal Inspection Service suggests that businesses taking checks and credit cards take precautions by: requiring two types of identification, (making sure to examine the date), not accepting unfamiliar I.D., examine

checks or cards closely, observe the person, beware of second endorsements and any check that is not signed in your presence, take your time verifying the I.D. When possible they also suggest getting a vehicle license number, having employees accepting the cards or checks initial it, and call police if at all suspicious.

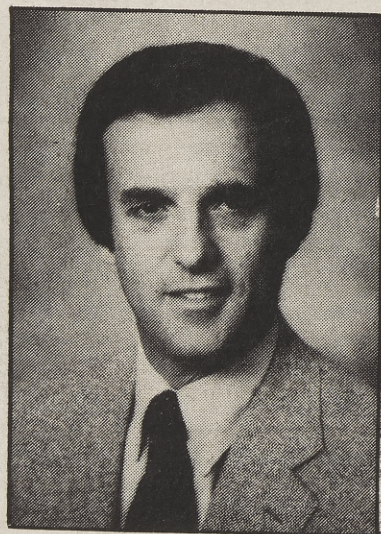
The P.I.S. suggest the best I.D. is a state drivers license. It bears a signature, has a picture on it and is subject to fairly tight controls. Photo I.D.'s are unreliable and frequently used by forgers because shops will issue cards in any name.

Stolen cards or checks can be discovered by observing and questioning the individual. Does the appearance correspond with the purpose of the check? For example, a retirement check presented by a young individual is cause for concern. Or, is the individual overly nervous.

If you question the person's identity ask for a telephone number and verify it in the phone book. Compare I.D. signatures with check endorsements. If necessary have them re-endorse the check. Where credit cards are involved, compare the charge slip signature with the signature on the card.

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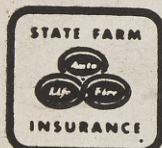


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Grade School Students

"Jump Rope For Heart"

Students in twenty-four area elementary schools have signed up to "Jump Rope for Heart" during March. The children form six-member teams who jump for a maximum of three hours. Last year almost 1,800 students in the tri-county area jumped and netted more than \$38,000 in donations for the Central Mission Trails Chapter of the American Heart Association.

Nationally, more than one million young people and teachers in schools in all the 50 states and Puerto Rico participate, making this the largest special event the American Heart Association is involved in.

Last year tri-county students enthusiastic involvement earned the Central Mission Trails Chapter the statewide award for the top

amount raised by a California chapter of the American Heart Association in the Jump Rope event.

Gayle Steavens, an El Gabilan (Salinas) teacher who is serving as Jump Rope chairman for the third year, praised the event for giving students the opportunity to build up their physical stamina and do something for someone else at the same time.

The Lord gave us two ears and one mouth because he wanted us to hear twice as much as we say.

Women's Success Teams To Present First Men Only Seminar

The Women's Success Teams have been making an impression on the Monterey peninsula. On March 19 and 20, they will hold a Special Men's Seminar.

"Until now all our public workshops have been for women only," said WST representative Susan Bloch-Farrington. With the support of her husband, Ed Farrington, the WST is presenting its first seminar for the benefit of men only.

The workshop will be

conducted by Laura Boxer and Sandy Levey. Its basic elements include helping clarify goals (whether personal or professional), offering an ongoing support system, and networking. The fee for the two day workshop is \$200. Registration is required.

In the last four years over 1000 women in Northern California have participated in WST workshops. The State of California in Sacra-

mento contracted with the Success Teams Seminars to conduct workshops where nine different State agencies participated. Both men and women attended the workshops until the State initiated a freeze on outside contracts in March 1982.

For more information call Ed Bloch-Farrington at 625-6651 or write 1624 Walnut Street, Berkeley, Ca. 94709.

Sumi Art Class Begins At Sunset Center

Because of its original success the Sunset Center is offering another course in Sumi-E Art. The six lesson class begins February 23 at 7:30 p.m. The fee is \$18 and registration is required.

Sumi-E is an Oriental art form with as few strokes as possible of black ink brushed in varying shades on white paper. The end result

is simplicity, transparency and elegance which is characteristics of Sumi-E brush paintings.

The instructor, Pauline Chu, is known on the Monterey Peninsula for her classes. Recently she conducted classes at Fort Ord Arts and Crafts Center. Her own paintings have been exhibited at Seaside City

Hall.

Ms. Chu began her career in Sumi-E Art by learning Calligraphy from her father. Throughout high school and college she received private lessons from Japanese art master, Yoshida Takeo. Her formal and private studies continued until she developed her own style and form of Sumi-E.

Enhance Yourself And Others Through A Beginning Massage Class

A beginning massage class will be held on 3 consecutive Saturdays 1-4 p.m. beginning March 19.

The class will give basic Swedish massage techniques. You can also learn body awareness techniques to keep your own

body moving easily and efficiently as you work.

"We all have the ability to massage," said Megra Mixer. "This class is designed to give you the self confidence and basic techniques to enable you to share this ability with others."

Ms. Mixer is a certified massage practitioner and Roling movement teacher. She has 7 years experience on the Monterey Peninsula and is available for private sessions.

Call 659-5108 to register or for further information.

Volunteers Begin Training Course

The Family Resource Center Of Monterey County specializing in child abuse prevention, is offering a five week training for volunteers beginning March 3, 1983.

The programs utilizing

volunteers include the Respite child Care Center, the Parent Aide Program, the Speakers' Bureau and the "Loveline", a 24-hour referral and information service. Volunteers are needed in both Monterey and Salinas.

Training will cover child abuse, the role of the volunteer and communication skills.

For more information call Patty Harder at the Family Resource Center, 394-4622.



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Santa Cruz Boardwalk Featured In Water Color Exhibit

Impressions of the Santa Cruz Boardwalk in water colors by William F. Stone Jr. will be on exhibit in the Marjorie Evans Gallery from March 1 through March 25.

The gallery is located at 8th and San Carlos and is open each weekday 9 a.m. to 5 p.m. and on evenings of performance in the theatre. There is no admission charge.

Stone's paintings cap-

ture the multitude of sights and sounds of crowds making their way along the strand. His technique developed over the past 10 years and attempts to portray the emotion and feeling of the boardwalk.

He portrays the "boardwalk feel" by capturing the color and excitement of the rides, concessions and movement.

Mr. Stone's water color

technique involves applying flat watercolor washes over freely moving line drawings. Then a "halo" wash is applied around many of the forms to soften the hard-edge effect.

For the past 14 years, Stone has shown water colors at Village Artistry (as one of the original artists with that gallery). He has served as board member and president of both the

Monterey Peninsula Museum of Art and the Carmel Art Association. Some remember him from his years as Carmel High's art instructor.

Stone has been traveling extensively through the United States and British Isles for the last several years. This summer he plans a month's trip to Japan to capture the flavor of rural Japan.

PWN Luncheon To Feature Financial Consultant

Financial consultant Sheila E. McMahon will discuss financial planning at the guest speaker lecture luncheon of the Professional Women's Network of the

Monterey peninsula on Tuesday, March 8, 1983, at 12 Noon, Community Room, The Crossroads. This is a brown bag Luncheon and is free to Network

members. Admission is \$3.00 for non-members.

Ms. McMahon is a financial planner with Financial Marketing Corporation in Carmel. She earned her

B.S. degree from Georgetown University, Washington, D.C., and received her M.A. from Stanford. Prior to entering her present profession, she was a teacher.

Four Elected To PWN Board

Four women have been elected to serve a one year term on the Board of Directors of the Professional Women's Network of the Monterey Peninsula. They are Jeanelle Kaminske, Sue Parris, Betty Plank, and

Leslie Simon.

Jeanelle Kaminske is a real estate consultant and broker. She is the principal in Carmel and Valley Realty, and is Secretary of the Carmel Valley Chamber of Commerce.

Sue Parris is Traffic Manager for Carnation Seafoods in Carmel. She is a member of the Insurance Team of The Network.

Betty Plank is the Executive Director of the Carmel Foundation in Carmel.

Leslie Simon is a freelance editor.

The women will serve on the Board of Directors until January, 1984.

PWN Will Meet March 22

The March business meeting of the Professional Women's Network of the Monterey Peninsula will

take place on Tuesday, March 22, 1983, at 7:00 P.M. in the Community

Room, The Crossroads, Carmel.

Admission for non-

members is \$3.00; members are admitted without charge.

Carmel Red Cross To Have Blood Drive

A Blood Drive is scheduled for 10 a.m. - 2:30 p.m., March 10, by the Carmel Red Cross Chapter.

Donors are asked to report to the American Legion Hall next to the Chapter house on 8th and Delores, in Carmel.

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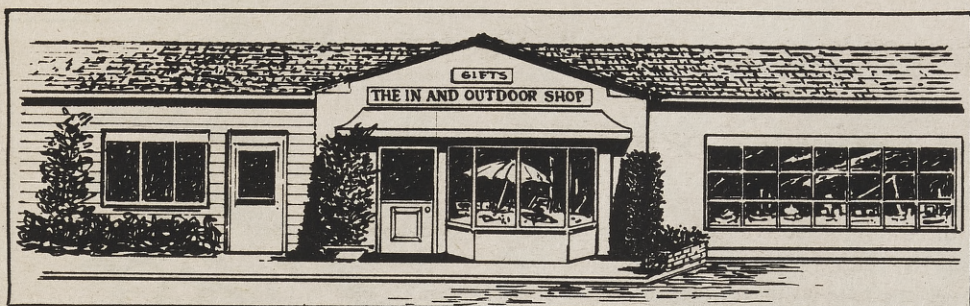
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Khadra Folk Dancers Schedule Concert

The Khadra International Folk Ballet of San Francisco will perform at Sunset Center Theater, March 4, 8 pm. Tickets are \$8.75 and \$7.75 and are available at the Sunset Center.

Included in the evening's performance will be dances from the Caucasus Mountains of the Soviet Union. In this region the women wear leather corsets from their necks to their knees. The resulting dance movement makes them appear to glide ethereally across the stage.

The men from this region demonstrate their prowess by dancing on the knuckles of their toes! This extraordinary form of dances requires a great deal of strength and training and is rarely seen in this country.

In a boisterous dance from Transcarpathia (Western Ukraine), the dancers' staccato movements suggest the bumpy roads and forested, enclosed areas of the Carpathian Mountains. The dancers must follow the "Calls" of the drummer and cannot let go of their partner's right hand until the drummer finally yells "Dosto Bulo!" or "That's enough!"

This exciting concert will also include dances from Hungary, Romania, the Ukraine, Poland, and the Appalachian Mountains of the United States. Music will be supplied by the Khadra Folk Orchestra.

The color and vibrancy of this Company is not to be missed. come and see why Hewell Tircuit of the San Francisco Chronicle said, "Khadra was amazing!"

Khadra is a living resource for the preservation and enjoyment of European and American folk customs.

It is a San Francisco-based Company of 35 dancers and musicians known as the Khadra International Folk Ballet.

The Khadra International Folk Ballet will perform dances from the Caucasus Mountains of the Soviet Union. The dancers require strength and training rarely seen in this country.



CLUBS

Card Club Gathering Flavored With Alohas and Leis

It was a day of Wahinis at the January 26 gathering of the St. Dunstan's Benefit Bridge and Canasta Card Club.

Due to the fact that hostess Kathryn Walker went to Hawaii with her brothers the card club had a Hawaiian theme for the month. Assisting Kathryn as co-hostesses were Muriel Dawson, Loris Meadows, Carlisle Mothersill, and Irene Sulfridge. They helped serve 40 ladies, what else, pineapple upside down cake. Lovely Vera Stokes added a nice touch by providing all the candy and nuts.

There were four Bridge and five Canasta tables spruced up with leis. The ladies competed for table prizes of brown and white seashell necklaces brought from Hawaii by Kathryn.

At the Canasta tables Phoebe Waltz won first place and Loris Meadows took second with over all high scores. Other Canasta prize winners were Winifred Ell, Linda Kaufman and Irene Manski.

Muriel Dawson took first in Bridge and her partner Betty Erickson took second. It seems even though Betty got a grand slam during play, it didn't help enough for her to be high scorer at her table. Finishing at the top for the other bridge tables were Ora Condruil, Sue Lees, Madge Price and Dorothe De Smithers.

New President For Carmel Valley Women's Club

As Joy Overman takes over for the late Virginia Card as Carmel Valley Women's Club president she has one major goal for the members:

"I'd like the ladies to become more cohesive among themselves as well as throughout the community. I want people to get involved and I'll do everything I can do to foster this," said Ms. Overman.

She wants club members and the community to have a better understanding of what the club does which involves more than just social gatherings. "This was very close Virginia Card's heart," said Overman, who has been with the club for two years.

The late Virginia Card was installed as president in June 1982 when Ms. Overman was elected vice president.

Ms. Overman is presently Secretary for the Los Tulares Homeowners Association and has been for the past three years. One of her other main involvements was running a Novices Tennis Tournament for mid-peninsula tennis patrons.

Ms. Overman's husband Dick is a Captain for World Airways. She has a variety of activities to occupy her while he is away on flights. Stained glass, photography, painting, wild animals, and wrought iron creations are among her hobbies. She also played competition tennis with her

Rotary Hosted Annual Golf Tournament

"We had a good turnout," said Bill Hoot, president of the Carmel Valley Rotary, who recently held their annual "Hole In One" tournament at the Rancho Canada Golf Course.

In this year's tournament held February 12 and 13, there was no major winner. No one scored a hole in one.

Since there was no major winner, prizes were awarded for the ball closest to the hole. Keith Christ was Saturday's winner by getting within 26½ inches of the cup. He won a round of golf at the Carmel Valley Golf and Country Club. Martin Larkin walked off with Sunday's prize for a round of golf at Carmel Valley Ranch.

A free golf ball was awarded to contestants that were within 10 feet of the hole. The Rotary gave away 45 new balls during the two day tournament.

The "Hole In One" tournament is an annual fund raiser for the Rotary. Proceeds are distributed to local charities with an emphasis on youth.

The playing field was provided by Rancho Canada. Carmel Valley Ranch and the Carmel Valley Golf and Country Club donated the prizes.

Women's Club Luncheon To Feature Nature Conservancy

The Nature Conservancy will be the topic of the Carmel Valley Women's Club meeting March 2, at Hidden Valley Music Seminars on Carmel Valley Road near Ford Road.

Wine and conversation will begin at 11:30 a.m. The luncheon begins at noon.

The guest speaker is Rick Rosenbaum who will show a film on the "Critical Areas in California." He will also explain the goals of the Nature Conservancy.

Members and guests are invited for wine and conversation beginning at 11:30. Lunch will be served at noon. The fee is \$6 and reservations are required.

For more information call 659-4546.

husband until an injury in 1980 ended her playing.

Ms. Overman has a varied background. She was a partner in a retail clothing store, a stock broker's assistant, a fashion model and dental assistant. She was born and raised in Memphis Tennessee.

Joy Overman will be the new head of the C.V. Women's Club.



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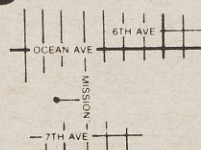
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Parents Organize After School Day Care

"Our concern is for latchkey children," said Linda Whitson, a member of the Executive Committee for the Carmel Valley Day Care.

Latchkey children are unsupervised outside of school hours because of their parent's work schedule. They are becoming more common with the increase in both parents working and single parent families.

The Carmel Valley Day Care was organized by parents who "just wanted a safe environment for the kids to be in when no one is at home," stated Ms. Whitson. It is a parent supported group but not a parent co-op.

"We know how busy working parents are so we don't require them to participate, but encourage it because of the child's well being," added Ms. Whitson.

There are presently 40-45 families using the day care - some on a part-time or occasional basis. "Most of the time there's around 18 kids," said Ms. Whitson. They have had up to 30 at one time.

The Day Care is for kindergarten through fifth graders. The hours are

weekdays 7:30-9:30 a.m. and 12:50-6 p.m. at the Community Center on Ford Road.

Virginia Ziomeck is the Day Care Director. She has a Masters degree in early childhood education and has two children. Ms. Ziomeck is assisted by Cindy Swartwout who is a Tulare County teacher's aide working towards her ECE degree. Also on the staff is Rose Lambert; Lambert has assisted in Community Center recreation programs for the past two years.

The directors try to provide a wide variety of activities, both indoor and outdoor. They organize various tournaments like jump rope and fus ball, and have several arts and craft projects as well as baking activities. The children also have the opportunity and space to do homework.

"We try to have a balance between giving the child a chance to choose between structured time and free play so it's a good environment for them to be in after school," said Ms. Whitson.

The Carmel Valley Day Care is a non-profit organization trying to provide "a

much needed service for working parents." So far the group has been able to maintain the basic program through the fees. Supplies and snacks are provided through parent donations. They would like to get more community support.

"We're hampered at this time because we don't have equipment for a well balanced program," said Ms. Whitson. They would like to be able to have the funding for dramatic play and other programs that would benefit the children.

"Rather than asking just for funds, we're asking people to donate very specific things so they can see the results of their donations, like donating snacks or providing for six weeks for dramatic play with Miss Gina," said Ms. Whitson.

There was also a long wish list reported by Whitson: "All kinds of balls, woodworking tools and lumber so the boys can do some kind of building activities, cooking equipment, jump ropes, games, puzzles, easels, paints, chalk, paper supplies, ping pong net, pool cues..."

The concept of the Day Care originated at the end

of June 1982 when the Community Center Board voted to discontinue their Before and After School Recreation Program.

"We're a volunteer organization and just couldn't meet all the needs in running a child care operation," said Community Center Board member Debra Saxton.

The parents who had relied on the Center's program were forced to find alternative child care: so they organized themselves. They got the Community Center Board's permission to use the building and grounds and are in the process of becoming a licensed day care.

"We appreciate the support of the Community Center Board and the other support gotten from everybody," said Ms. Whitson.

According to Whitson, some of the parents have taken the brunt of the responsibilities for organizing the day care. They include Kathi Dowd, Pat and Fred Herro, Judy and Barry Rowley, and Kathy Eyerman. Each have spent "hours of their time" on administration, finance, maintenance, licensing, organizing the programs and as parent volunteers.

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Estimates

Chapel Pre-school To Feature Annual Spring Festival

Carmel Valley Community church Christian Preschool will hold its annual Spring Festival Wednesday, March 30, 1983 at 11:00 a.m.

The children have been eagerly working on the program and would like parents, families and friends to

come and share the celebration of spring with them.

Last year's program was a great success. The children were dressed in costumes, some as fairies with wings, some as bunny rabbits. The children sang songs, read poetry and

played music. Background music was the violin, the guitar and the piano.

All are invited to attend. The Cahpel Preschool is located at 42 Village Drive, Carmel Valley Village.

For further information, call Linda Ingram at 659-2278.

Dental Screenings To Take Place At Tularcitos

The second week in March is set for the annual dental screenings performed at Tularcitos Elementary School.

Third graders have been chosen for the screenings which will primarily be a visual exam. Only students with parental consent will be examined.

Dr. Steve Austin and his wife Pam - a dental hygienist - will perform the screenings. Their findings will be recorded and given to the

parents.

"The information collected during the screenings benefit the children directly by raising their awareness for dental health," said Dr. Austin. "In addition, once the data is forwarded to the State and local dental associations, it will assist them in coordinating legislative efforts to address children's dental needs throughout the state."

Dr. and Ms. Austin will

also make several presentations to the students on dental health. Their practice is at the Carmel Valley Dental Care Center near the school on Ford Road. Dr. Austin was previously Director of the Public Health Clinic in Stockton.

Principal Mary Jane Stanford, Teresa Broad-sley, and school secretary Thelma Lee are helping coordinate the screening efforts.

America's number one killer

Early death and disability. That's the problem. Of the nearly one million deaths each year from heart disease, stroke, and related disorders — America's Number One Killer — 200,000 occur before retirement age.

And reducing this early death and disability from heart disease and stroke is the mission of the American Heart Association, the only voluntary health agency committed solely to this cause.

The American Heart Association approach is both national and local: First, a nationwide program of research. Learning all we can about heart disease and stroke is an important step against this national health problem. Utilizing the country's best research scientists is the logical approach. The American Heart Association and its affiliates coordinate their research funding to support good science. Second, improved health care in the community.

Applying the knowledge gained from research for use in the community is the important next step. The Heart Association supports both professional and public education and training programs in the community, as well as setting standards and guidelines for health care in the areas of high blood pressure screenings, hospital coronary care units, stroke care programs, and emergency lifesaving techniques.

The task is an awesome one and is supported by voluntary contributions, not tax dollars. Heart Association policy provides that 75 percent of contributions stays in the local community for programs in research, education and community service. Another 15 percent is spent at the national level for research. The balance supports development of professional and public education and community service programs, and other support programs.

Early death and disability. That's the problem.

You can help the American Heart Association save lives by becoming a volunteer and by sending your dollars to your local Heart Association.



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While Mark Twain was a young editor and publisher of a growing newspaper in a small Missouri town he received a letter from one of his subscribers. The subscriber said he had found a spider in that morning's edition of his paper and wanted to know if it was an omen of good luck or bad luck. Mark Twain, a hustling space salesman as well as an editor, replied as follows:

Dear Sir:

Finding the spider in your newspaper yesterday morning was neither good luck or bad luck for you. The spider is merely looking over our paper to see which of the town's merchants is not advertising. He will then go to that store, spin his web across the door, and lead a life of undisturbed peace ever afterward.

On the sea of matrimony you have to expect occasional squalls.

You have reached middle age when all you exercise is caution.

The largest wave ever ridden by a surfer is reported to have been 50' high. The wave hit Minoli Hawaii, on April 13, 1868. Holna, the surfer, rode the wave to save himself from being crushed by it.

If you spill a raw egg where it's difficult to pick up, you can cover it with salt and let it sit, then pick it up with a damp paper towel.

Thoughts by Illia Thompson

Thou Shalt Not Tally

Every once in a while, I have an insight which I have subliminally known, but have not been able to clarify. My gift recently was to learn: "Thou shalt not tally."

I am a person who remembers outdated phone numbers, facts, and episodes, as well as those facts currently valuable. I have not acquired the knack of selective remembering. In my personal relationships, particularly with my husband, I can recall how long ago since....., and the last time when....., as well as but you said, ".....". My New Year's resolution was not to keep score. It has proved as much better way to live. When I break this resolution (unwittingly, of course!), the negative effect is even more blatant than it was before I was given this commandment.

This new attitude carries over into my relationships with my children. I am able to enjoy what is happening now, not needing to reflect on past imperfections. It brings more freedom to all my relationships, not being dependant upon protocol in my social activities.

Being more spontaneous in my actions, I feel that the only tallying necessary is with myself. I will take measure of each day and experience its value.

Out Our Way

Local Chatter

The Carmel Valley Kiwanis held their annual Valentine's meeting February 15, at Hidden Valley. This is one of the few meetings attended by their wives. Six couples signed up for the luncheon but in typical Carmel Valley fashion they ended up serving over 60 dinners. Fortunately Smitty had plenty of food.

Among the rumors we've heard we understand Joe Ricupero of Guiseppe's Work Bench has his eye on a new career. He said he'd like to be a trench-coat reporter with his own gossip column. Sounds interesting - an Italian Hedda Hopper. For those of you that know Joe can you imagine? His column would never end!

The ladies of the Valley are shaping up for summer. Gloria Elber has a jam packed dance exercise class Mondays and Thursdays, 6-7 p.m. at the Community Center.

Also putting folks through their paces is Sherri Casseboom. She just started a jazzercise class at St. Dunstons Mondays, Wednesdays and Fridays, 9-10 a.m. Sherri's also responsible for giving Tularcitos teachers and teacher's aides a work-out two days a week.

Margie Ingram had her 1977 Scirocio painted. On the outside it looks brand new, but what about the inside Margie?

A joint birthday fete was enjoyed by Gregg Drew and his step-brother Michael. The party was at Ginnie Drew's, their mom's house, where a host of relatives gathered - in-laws and kids turned out in full force. Guess when it turns out

you have four generations in attendance you should expect it to be a big crowd?

It must have been a tough move for Raymond and Marianne Didyk and their three girls. They sold their house and moved. Where did they move? Three houses away. Talk about strenuous, I think Marianne is still hauling stuff in her van.

The firehouse celebrated Valentines Day February 19 with a Roaring 20's Dance. Gary and Shari Tate won first prize for the most authentic costumes from the 20's era.

The scurry for costumes is a tale in itself. Some were found in attics, some from thrift shops, some from costume shops, but all were authentic and clever.

Even the music was genuine 20's played by a three member band that could have been born in that era.

There was a lot of difficulty and sore toes though trying to adjust Rock and Roll steps to Ragtime.

Michael and Annie Keresy are the proud parents of newborn Emily. This adds to their family of 7 year old Kirsten and 4 year old Nicholas. Emily was born in late January. Guess Mike was one of the few productive carpenters during last years slack time.

No, it's not creatures from the deep sloshing their way to Don Jensen's shop above the Village House Hardware store. It's just the local fishermen in their waist high waders stopping by for supplies.

Wonder where all our tidbits are coming from? Keep wondering. We're not ready to tell yet.

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How many of you have bottles of vitamins sitting in the back of your cupboards? You're interested in taking them but you're not sure you're taking them right or if they're the right ones for you.

That's why Nutritional Consultant **Blair Holland's** making herself available. If you need help coordinating vitamins and mineral supplementations, **Blair** will help make sure you develop a balanced program.

To keep up with her rapidly expanding field of nutritional biochemistry **Blair** attends seminars several times a year and pours over many of the endless supply of scientific journals on accessory food substances and food concentrates used as medicines. Some of her research has appeared in the Carmel Valley Natural Food News articles featured in the **Sun**. If you have a particular health problem you might save time and confusion by having **Blair** do any research you might want done.

Blair has been in the health food industry for over 10 years and feels her own experimentation with alternative health care delivery gives her an edge in helping someone beginning their own experimentation. From kelp to spirulina (including herbs) she's tried a lot of it.

Presently **Blair** can be contacted at the Carmel Valley Natural Food Store where she has worked for the past three years. She is also available outside the store on an hourly basis. If you're in a quandry about food supplements stop by the store to see what answers she comes up with.

Learning Begins At Home

The Chicago based International Educational Publishing Company World Book - Childcraft Inc. have named two valley residents as local managers.

Kathy Hershey and Kim Newman will be sharing ideas with parents who are interested in creating an exciting home learning atmosphere for their pre-school and school age children. They will be introducing families to the popular World Book - Childcraft materials designed for learning from infancy through adulthood.

Kathy and her husband **Steve** first got involved in the home learning materials because of their three year old son **Brandon**. **Kim** and **Randy** did the same because of their two children - **Taylor**, 4 and **Molly**, 1. Both women had such a high regard for the learning potential offered by World Book - Childcraft materials they decided to become representatives. They will also be hiring other part-time representatives to assist them.

Kathy and **Kim** send this thought to parents with youngsters.

The Sculptor

I took a piece of living clay
And gently formed it day by day;
And molded with my power and art
A young child's soft and yielding heart.
I came again when years were gone
It was a man I looked upon.
He still that early impress bore,
And I could change it nevermore.

Author Unknown

If you would like **Kathy** or **Kim** to help with the "early impress," or if you're interested in a part-time business opportunity call 659-3689.

Nurturing Children Or Plants Is The Same

Vicki Truman-Bates does custom gardening in any form - landscaping, ornamentals, gardens, planning, and

maintenance. She said gardening was the perfect balance while she attends Hartnell College where she majors in early childhood education. "It's similar to nurturing children but I don't have to be there constantly", said **Vicki** of her freelance gardening.

To ease your gardening worries contact **Vicki** at 659-2619 or at P.O. Box 283, Carmel Valley, Ca. 93924.

Years Of Study Lead To Oriental Healing Center

Hyon Suk Lee has brought the traditional healing arts of Japan and Korea to Carmel Valley. Her techniques known as acupressure, shiatsu, ahmma, walpop, and puhang were learned during eight years of study in the orient. After her studies **Ms. Lee** was given the name **Bosalim** after the Korean diety of compassion. She has opened a professional practice in Mid Valley. **The Suo Kie Center For Oriental Healing Massage** is located at 27890 Dorris Drive, Suite 7. A devout Buddhist, **Ms. Lee** is also co-founder of the Korean Buddhist Sambosa Temple also located at Mid Valley.

Drop by the **In and Outdoor Shop** on Carmel Valley Road in the Village and see the new items that new owner **Helen Yuh** is stocking in her lovely store...beautiful glassware, china, and furniture to grace your home are among the many items that will appeal to your taste for the elegant things of life...**Marvin Goldstein**, our Village chiropractor has been joined by **Patricia Huntington**, Certified Massage Therapist, and they have formed the Carmel Valley Chiropractic Clinic. **Dr. Goldstein** will remain at the same location (the Allaire Building, 6 Delfino Place)...the Clinic will stress preventive chiropractic and will emphasize physical therapy including electromuscle stimulation, and the chiromanis technique for low back problems...**Patti** is an expert in various massage methods...**The Mushroom Man** on Delfino celebrated its first business anniversary on February 27...pleased customers and friends dropped by to say hello and extend good wishes for continuing success to **Shirley and Jerry Stroh** who have made **The Mushroom Man** the place to buy fresh produce...**Handsome Barney Belleci** of Carmel Rancho Boulevard continues to help local residents with their insurance problems...Customers of the **Carmel Valley Natural Foods** store delighted with the lovely carnation each patron received from owner **Wendy Jones** on Valentine's Day...You may not believe it, but spring is just around the corner, so it is time to think about beautifying the garden...stop by the **Oleander Garden Shop** and ask the **Mehdis** to help you pick out your spring flowers...Delicious food at **Latitude 36**...congratulations to **Peter Stuber** and **Gerald Cederwall** for bringing us a new adventure in eating...If the recent rains have caused electrical problems at your house, call **Bill Conlan** of **Carmel Valley Electric**...**Bill** will solve your problem and you won't find his bill shocking...If you like beautiful stained glass in the contemporary mode, call **Alan Masaoka** of **Contemporary Stained Glass**...his creations are outstanding...Springtime also is the time for adding rooms to the homestead, or remodeling or repairing and replacing...**Dan Saxton** is the general contractor who can help you do these jobs...And what is new in your business? Have you expanded? Changed your company name? Relocated? Had an anniversary or grand opening? If so, let us know so that we can tell the world about it...

See you next month.

An economist is a person who explains later how the thing he didn't expect was inevitable.

It takes both rain and sunshine to make a rainbow.

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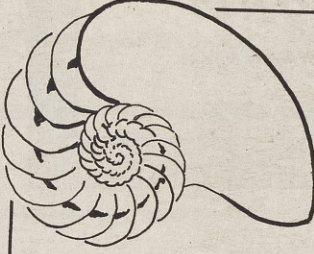


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DR. JOHN VON BERG

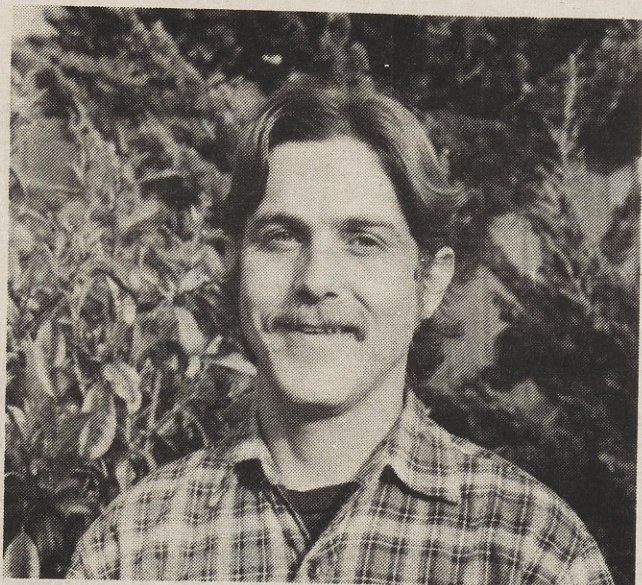
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CARMEL VALLEY FAMILY DENTAL CARE CENTER



According to Herb Shoemaker, being a volunteer firefighter gives him training for the future. "My occupational goal is to become a professional firefighter. This department offers a good opportunity for practical training," he said.

Herb has been with the

volunteers for three years. Part of his duties include instructing in CPR techniques. He runs his own auto repair business. It's a mobil service and he works out of his truck.

Herb has been in the valley for nine years. As far as hobbies, he says the fire department is his hobby.

He already knew quite a few of the guys before he joined the volunteers around 8 years ago, said John Schaffer.

John thought being a volunteer would be fun and he also wanted to do his part for the community.

Most of John's time is spent as a backhoe operator, doing hauling or general contracting. His wife Jody goes to nursing school.

What does John do for entertainment? He said he liked both kinds of skiing - water and snow, and he enjoys a little dirt bike riding every now and then.

He's been in the valley since 1960. He was a first grader at the time.



The Sun's

Shining Personalities

Volunteers

Peninsula Septic Tank Service truck driver Charles Flamini has been a valley volunteer for the last four years.

If he didn't like it he wouldn't still be with the department. But, he is, because it gives him a chance

to help people. He also finds it interesting and says he learns something new everyday.

During his off hours, Charles enjoys water skiing and getting "junkie" cars running. He's lived in the Valley since 1954.

Looking Out For Each Other

When the rest of the world is turning it's head and not getting involved, it's wonderful to know people in Carmel Valley are looking out for each other.

Recently, my husband and I were out in the late evening taking some pictures. One of the sites out camera was set up was by the Bank of America in the Village.

While we were there a car drove right by us and into the parking lot. It stayed there for two or three minutes without anyone getting out.

We were still involved in our pictures, but we finally heard the car start up again and turned to see it back up. The driver, who was the only one in the car, turned and looked at us for

quite some time then drove out.

The car came around toward the corner where we were standing. Now that the car was under the light we could see that the driver was a woman. It startled us when she rolled down the window and yelled "What are you guys doing hanging around the bank?"

We told her we were just taking pictures. Her reply guaranteed she didn't believe us, not even for a minute.

She rolled the window back up and drove off. Again, we chuckled thinking how ludicrous it was that she suspected us of anything.

By her comments and the way she drove off, we really expected the Sheriff

to show up at any moment. To our relief we didn't have to explain ourselves to anyone else. I don't know what she did do after she drove off, but I've no doubts if anything had happened at the bank that night the Sheriff's would have a relatively thorough description of two possible suspects.

The point is, the woman took it upon herself - all by herself - to check into our activities and get a description just in case.

If others took that kind of interest in the community, we might all be a lot more secure.

I wish I had gotten her name to give her due credit, but under the circumstances I couldn't expect her to give it to me.

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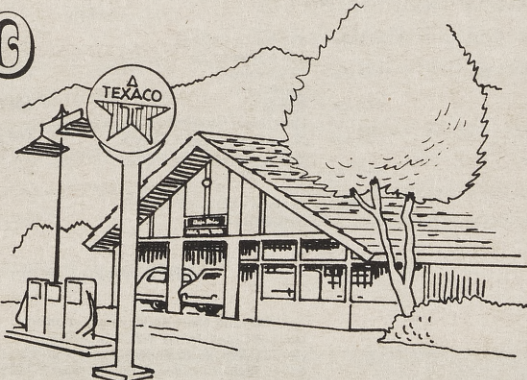
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Mike Rohan's

CARMEL VALLEY

TEXACO



WHERE THERE'S SMOKE . . .

BY: Fire Dept. Staff

Store Your Flammable Liquids Safely

The average American home is a repository for literally dozens of flammable and combustible liquids, ranging from nail polish remover to turpentine, denatured alcohol to kerosene, naphtha to furniture polish. Fortunately, most of these liquids are kept in such small quantities that they can't make a significant contribution to a fire.

The obvious exception, although not the only one, is gasoline. With the prevalence of today's gasoline-driven tools and recreational vehicles, many families store more than an "insignificant quantity" of gasoline in basements, garages, and toolsheds. Indeed, there is usually enough of this flammable liquid around to turn a small controllable fire into one that can total a home. The gasoline is stored in anything from approved safety cans to glass cider jugs or open-topped coffee cans. Most often it is stored in 2½- or 5-gallon metal or plastic "gas cans".

Although sales of approved safety cans have skyrocketed in recent years, many homeowners continue to use containers that are flagrant fire hazards. The likelihood of a residential fire being fed by improperly stored gasoline is as great as ever.

Homeowners must be impressed with the necessity of using a UL-listed or State Fire Marshal-approved safety can. If you have any questions about your flammable liquid storage problems, contact the fire department for a free at-home safety inspection.

One note of caution. No container in existence today can be considered safe for storing gasoline in the trunk of an automobile. Temperatures inside a trunk can rise to 150 degrees F or higher - high enough to cause even a safety can to vent, creating an explosive vapor-air mixture in the trunk; hot enough also to cause sufficient pressure buildup in a sealed container to cause a leak or rupture. Either way, the car turns into a bomb.

PEOPLE TO PEOPLE

Dear Editor,

Attempts to save the whale are being scuttled by four nations (Japan, USSR, Norway and Peru) which refuse to accept the overwhelming 25-7 vote of the 1982 International Whaling Commission meeting for an end to the killing of

whales by 1985-86.

If these governments continue to resist all reasonable attempts to change their pro-whaling policies which diminish the effectiveness of whale protection measures, then I strongly support stern economic sanctions

against these nations, as provided for in existing U.S. legislation. I hope this effort will receive the editorial endorsement of your newspaper.

Sincerely,
Marjo Barreto



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Christian Radio



Love Radio 14

KRML Program Guide

Monday - Friday

6:00 a.m.	Love Music Dan Dersham	11:00 a.m.	Concepts Of Faith Charles Capps
7:00 a.m.	Word For Today Chuck Smith	11:15 a.m.	Life For Layman Marilyn Hickey
7:30 a.m.	Through The Bible J. Vernon McGee	11:30 a.m.	Freeway Jack Hayford
8:00 a.m.	Psychology For Living Dr. Clyde Narramore	12:00 N	Word For Today Chuck Smith
8:15 a.m.	Mission To Children J. D. Carlson	12:30 p.m.	Bible Answerman Walter Martin
8:30 a.m.	Word Of The Lord Mike Chaddick	12:45 p.m.	Voice Of Prophecy HMS. Richards Jr.
9:00 a.m.	Southwest Radio Church David Weber	1:00 p.m.	Love Music & Interviews Brad Carpenter
9:30 a.m.	Insight For Living Chuck Swindoll	2:30 p.m.	Joni & Friends Joni Eareckson
10:00 a.m.	Back To The Bible	3:50 p.m.	KRML Community Calendar
10:30 a.m.	Believers Voice Of Victory Kenneth Copeland	4:00 p.m.	Bible Answerman Walter Martin
10:45 a.m.	Faith Seminar Of The Air Kenneth Haggin	5:00 p.m.	Love Music

Saturday

6:00 a.m.	Back To The Bible Youth Program	2:00 p.m.	Contemporary Love Music Gary Reynolds
6:30 a.m.	Love Music Dan Dersham	5:00 p.m.	On Track Ross Tucker
10:00 a.m.	The Pat Boone Show	5:45 p.m.	Sign Off
11:00 a.m.	Love Music Brad Carpenter		

Sunday

6:00 a.m.	Mission To Children J.D. Carlson	12:00 N	Carmel Mission Basilica Service (Recorded Live)
6:15 a.m.	Gospel Music Buddy Lowe	1:00 p.m.	Love Music
9:00 a.m.	Goodnews Full Gospel Businessmen	3:00 p.m.	The Pat Boone Show
9:30 a.m.	Carmel Presbyterian Church Service (Live)	4:00 p.m.	Love Music
10:30 a.m.	Love Music	5:45 p.m.	Sign Off
11:00 a.m.	St. John's Episcopal Chapel Service (Live)		

KRML Radio Features

ABC Network News during music segments
Howard Cosell Sports: 6:25 a.m., 4:05 p.m.
Gordon Williams Business Reports: 7:28 a.m., 1:30 p.m., 3:30 p.m.
KRML Radio Community Bulletin Board: 3:50 p.m.



Grinding Wheels

You probably have never noticed the grinding wheel that you have on your grinder or, if you have, you probably only noticed the color or size. However there's more there than meets the eye. And the knowledge of some of these unseen things will give you a better finished product. How a grinding wheel works

The wheel consists of thousands of sharp abrasive particles pressed together with a bonding agent. As the revolving wheel is brought into contact with a piece of metal these abrasive particles act like small knives to cut chips out of the metal. The sharp abrasive particles eventually become dulled and break off exposing fresh new particles to take over the work.

If you use too weak a bonding agent the particles would break off prematurely. Such a wheel is considered "soft". Conversely a bonding agent with too much adhesive power would cause the particles to be held in place after their usefulness was ended and the result would be that the wheel would overheat and become glazed. This is considered a "hard" wheel.

Abrasive Particles

Aluminum oxide and silicon carbide are the two abrasives most commonly used in grinding wheels. The raw material of aluminum oxide, dried bauxite, is heated, fused, cooled and then crushed into various grain sizes. Silicon carbide is white quartz sand and is usually given the same treatment.

Bonding agents

There are three common methods of binding the abrasive particles together. One is a blend of clay & other ceramic material used to produce "vitrified" wheels. Also popular is the "resin bond" wheel in which synthetic resins hold the particles together. When a very smooth finish is needed shellac is often used as a binder.

Wheel grade

This refers to the amount of bonding material used in a particular wheel. If a lot of bonding material is used this gives you a harder, stronger wheel. On the other hand if the wheel is intended for use on materials requiring quicker abrasive wear the particles are given a much smaller coating of bonding agent, resulting in a "soft" wheel.

Grit Sizes

Grain size numbers on grinding wheels refer to the mesh or number of openings per linear inch of the screen through which the grain passes. For all practical purposes #60 grain may be described as passing through #60 screen and being retained on the next finer screen. The numbers refer to the number of openings per linear inch. The 60 actually means 60 x 60 or 3,600 openings per square inch of screen.

How To Choose A Wheel

An aluminum oxide wheel is preferred for steel & steel alloy. Silicon carbide wheels should be used for cast iron and nonferrous materials. If the material is hard/brittle use a fine grit/soft grade. If the material is soft use a coarse grit/hard grade.

The amount of material to be removed also influences the wheel choice. Fast/rough grinding calls for a coarse grit and vitrified bond. For smooth finishes use a finer grit with a resin or shellac.

In general the amount of contact area between the wheel and the work should determine the wheel grade selected (more area, softer wheel), but other factors sometimes make wheels appear harder or softer than their designated grade would indicate.

1) Increased wheel speed tends to make a wheel appear harder.

2) Decreased wheel diameter makes a wheel appear softer.

Finally, a wheel with widely spaced abrasive particles usually runs cooler than one with closely spaced particles.

Just about the time you think you can make both ends meet somebody moves the ends.

All things come to him who goes down a one-way street in the wrong direction.

If you never stick your neck out, you'll never get your head above the crowd.

Human Energy

Only as far back as 1850, ninety-four percent of our energy still came from one source: human or animal muscle power. Today, at less than one-percent, we're hardly lifting a finger.



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Strawberry	.30
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Hops (for beer brewing)	1.95
Rose bush or climber Grade No. 1	3.50

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Dwarf Citrus \$14⁵⁰ in 5 gal.
orange, lemon, lime, etc.
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Investing In The Future



Darby Worth had all sorts of interesting things to tell the students. Ms. Worth is president of Carmel River Watch.



Investigating the plants and how they were affected by the river was only one of the things covered by Pat Bernardi who is a member of the Carmel River Watch Organization.



Lucas Ingram helped measure the water flow on the rivers outing made by Tularitos students.

The Tularitos school has a river ecology program so the students have a better understanding of the river system and how it works.

The class is being presented to the fourth and first grade classes. Each fourth grader has a first grader as a "buddy". The fourth graders are supposed to help their "buddies" to get a better understanding from the class.

According to Darby Worth, who helped get the class started, the purpose of the class is to make the students aware of man's influence on the river. She

said the early education would hopefully prevent problems in the future especially since the river has a major influence on valley residents.

The program, organized by Ms. Worth and Nancy Burnett, includes the history and problems of the river. It includes several outings for a first hand look at the river.

On one of their recent outings the children visited the river near Paso Hondo. Five volunteers, all well versed on the river, accompanied the students. Among the volunteers were Nancy and Robin Burnett, Pat Bernardi, Darby Worth,

and Lucy Smithson.

During the outing the students were divided into 5 groups. Each group did studies and experiments.

The studies taught the students about the wildlife, vegetation, and erosion problems. One of their main experiments was measuring the river flow. They discovered it was flowing around two miles per hour at the time. They took their discoveries back to the classroom for discussion.

The class is a continuation of the program Ms. Worth started at Carmelo before it closed.



Robin Burnett helped the students in his group calculate the river flow.



Lucy Smithson was also among the volunteers that led the students on their river outing.

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The Carmel Valley Gardener

by Dr. Ernie Marshall*

The numerous rainy days we have been having should have given us more than enough time to make a list of the garden chores that need to be done when the weather clears. While watching one of the last football playoffs of the season on T.V., I took a note pad and tried to list all of the things I could think of that needed to be done in the garden. After I had written down every possible chore (I thought), it filled up one entire sheet of the pad. Then I decided to take this list and on the first clear day walk around the garden and write down everything I felt needed doing and then compare the lists to see how close my armchair gardening had come to the actual list I would prepare in the garden.

As you can probably guess, I was far off. Armchair gardening is no substitute for actually getting out where the action is. So - to do it right, let's walk through my garden and list the impending garden chores that we can spot. Ones which need to be done when fair weather comes.

As we step out on the porch, I notice that the storms have left numerous leaves and small twigs on the porch and patio which must be cleaned up. The fuchias, geraniums and other plants in the foundation plantings and hanging baskets need to be pruned back and fertilized. The espaliered pear tree next to the house needs to be pruned and numerous shrubs need clipping. Ivy has overgrown the paths and edge of the patio and must be cut back. Weeds have invaded the perennial plantings and need to be removed. Grasses are growing through the

decomposed granite patio and walkways and need to be eradicated. All this and we are not yet off the porch.

Stepping off the porch and into the patio, I notice snails have eaten holes in the Christmas cactus and other succulents show snail damage. It is time to bait again - seems like this is an endless job in Carmel Valley. But good news may be on the way. A recently introduced relative of our ravenous brown snail, known as the decollate snail has an insatiable cannibalistic appetite for its brown cousin which it eats in preference to plants which it disdains. These snails are being sold in Southern California where they are released in gardens to devour the troublesome brown snail.

My roses never completely defoliated this year so I have not yet pruned them. Small new emerging shoots remind me that I must get at this task. Along with the pruning will come fertilizing and turning the soil around the plants. Several citrus trees are showing new growth which I notice is yellowish in color. This reminds me that I must fertilize them and treat with essential minor elements such as iron and zinc. Last year's blooming spikes remain on the lavender and other plants and must be removed - oh gardening is such fun.

Leaving the patio, we meander further into the orchard and garden. I've pruned the trees and vines earlier but I must not forget to remove the basal water sprouts and fertilize the entire orchard. I use a 12-12-12 complete fertilizer and because of my decomposed granite soil, must also apply manganese, magnesium, iron, zinc,

boron, etc. Also, I must remember to brace the lower branches to prevent them from breaking during the fruiting season. I spot the hedge, it needs clipping and weeds need to be removed from the fence surrounding the house and garden. I notice I've forgotten to prune the red raspberries so must get on with this. One of the Monterey pines on the fence-line has blown over so I must plan to start up the chain saw and dispense with it.

All the rain has formed a puddle in front of my workshop door - I must get some gravel to fill the low spot. Oh, yes, there is a familiar sight, a gopher mound - must get my traps out and catch the rascal before a new spring brood is born. Several stakes have fallen off my grape stake fence, they must be replaced.

And so on and so on - by now we have filled two sheets and we have not even mentioned turning the soil in the annual flower beds or rototilling the garden for my annual harvest of vegetables or checking the irrigation system to assure that everything is working correctly.

But after all, it is a glorious day, T.V. football games are over (with distress I hear that a new football league is being organized which will play during the summer months and be shown on T.V. - how will I ever get my Saturday garden chores done if this is so? However, for now I've got enough work lined out to last me for several weeks and what is nicer or more fulfilling than working outside in the garden, in springtime, in Carmel Valley? So - let's get on with it.

Happy Gardening

Tact is the ability to close your mouth before someone else wants to.

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Reason: (90% of the time) the filters are dirty or clogged. Clean filters and check again if that doesn't do it, call us, we'll show you how to

check your filters or call a service man to check the system.

2) Thermostat no longer goes to 102° where it used to be placed on the dial, or goes higher.

Reason: thermostats usually have a spring in them that, with turning up or down, begins to lose its spring. It can be adjusted.

3) Heater isn't heating as fast as it used to.

Reason: A) Calcium build up in the heat ex-

changer (due to lack of water balance. B) Someone added some appliance to the same line.

4.) the pilot light won't light.

Reason: three times during the year, a spider climbs in the pilot orifice and makes a web, this causes the pilot light not to light. It occurs when people turn their pilot light off.

In some cases the millivolt loop has failed and you have to call a service person, but there are a few you can do yourself.

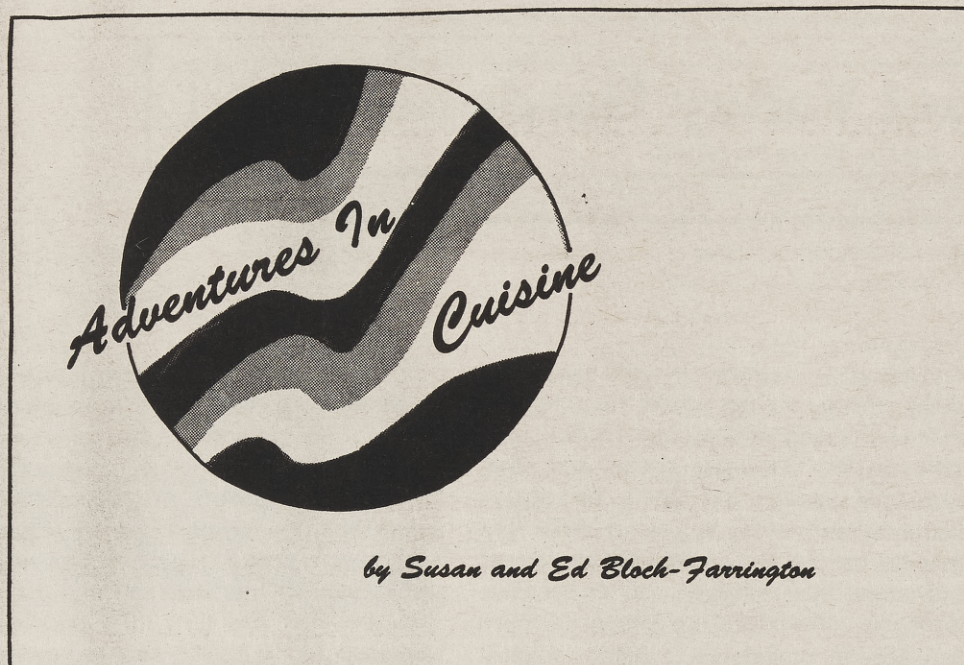


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Delightful Eateries In Monterey And Carmel Valley Village

A special restaurant right here in Carmel Valley Village is La Campania. We've been there many many times and always leave happy. It's a family owned and operated restaurant serving Southern Italian style food. The owners are from New York and they have a distinctive personality that is unique and refreshing to find in Carmel Valley.

This is not a restaurant that we recommend going to when in a hurry. It's a place to go when you want to sit and talk, drink wine and relax. Good food takes time and everything here is made to order.

We've sampled everything on the menu and it's all good. Ed often orders the Zuppa de Clams which can be either an appetizer or a main dish. Sharon and Mitchell's favorites are the homemade Fettuccine al Pesto (a sauce with butter, garlic, pine nuts, and fresh basil), Fettuccine Alfredo (a rich buter, cheese and cream sauce), and the Fantasia de Pesce which is a gorgeous combination of shellfish in a tomato sauce base with pasta. I love the homemade Manicotti stuffed with ricota cheese, the Eggplant Parmesiana, and the Baked Ziti Siciliano which is a pasta and eggplant dish. After ten years of being a vegetarian, on one adventurous night I ordered the Veal Scallopine Marsala. It was served covered with mushrooms, sauted delicately in wine, a delicious and tender treat.

The portions at La Campania are extremely generous. We usually end up taking some home for lunch. Our family loves to share when we go ut to eat. No matter where we go our meals are often taken Chinese style, we order one thing and we taste around.

La Campania is located at 7 Del Fino Place. The phone number is 659-2912. It's open Tuesday through Saturday for dinner and only on Friday for lunch. There is outside seating and it's a great place to start off your weekend.

One suggestion we have is that you request that Michael the cook cut back on the salt. Salty food seems to be a common problem we have with restaurants. When we mentioned this to Dennis, our charming and gracious host, he told us to just remind them to hold the salt next time we order. The prices are from \$6.75 to \$11.75.

Rocklands is a new restaurant in Monterey that I've visited a couple of times for lunch. It's located at 375 Alvarado Street. It's a wonderful art gallery as well as a restaurant. Rocklands has taken over the lovely spot that was our only vegetarian restaurant on the peninsula, the Bruised Reed. I was sorry to see the Bruised Reed close and I'm happy to see that the same fine quality and special ambiance still exists.

The menu is far broader than it was at the former restaurant and the service is much faster. There are

vegetaian dishes primarily, with a couple of meat, chicken and fish selections. You can order carrot juice, a fruit smoothy, herb tea, and also beer, wine, or coffee. I like to have the choice if it's done well and it is here. I had the best cup of coffee that I've had in a restaurant in a long time. Why some places serve good food and lousy coffee I'll never understand.

The Rockland's menu is one of the most creative I've seen. One of the things that impresses me about a restaurant is a good green salad. This one was great in my opinion. It consisted of beautiful lettuce with a light olive oil dressing. I tried the mushroom pate which I found a bit bland. What I really loved was the Pierogis which are a cream cheese dough stuffed with Shitake mushrooms, dill and hardboiled eggs, with Hollandaise sauce. They were delicious, served beautifully with snow peas. I look foreward to going back to try the Greek Salad, the cheese, Spinach and Mushroom Pie, the Fresh Steamed Clams, the Lemon Chicken, and the Shitake Mushrooms with brown and wild rice, and the Cream of Artichoke soup.

The prices are quite reasonable. They are open for lunch from 11:30 to 2:30 Tuesday through Friday and for dinner from 6:00 to 9:30 Tuesday through Saturday. The phone number is 649-3462.

A sense of humor helps some people get a laugh out of their friends, troubles.

Early to bed and early to rise - till you make enough cash to do otherwise.

In the good old days policemen didn't hide by the side of a busy road, but took their chances in traffic like anyone else.

**Do you have any Questions
for any of our Columnists?
Send them in and they'll be
passed along.**

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Are We Brothers And Sisters?

Have you ever wondered why the major portion of social agencies are designed to meet the needs of women and children? We have shelters for battered women; we have Rape Crisis Centers. We have Aid to Dependent Children, the majority of whom live with their mothers, and we now have battered grandparents (mostly women because women outlive men and constitute the majority of the elderly).

In addition, organizations are springing up throughout the country to counsel and care for the victims of incest and child molestation. Again, most of the victims of these two heinous crimes are females. Still, women continue to accept and care for men. Why?

According to Elizabeth Gould Davis in *The First Sex*, (Penguin Books, 1971), "men and women stand on opposite sides of a one-way window. On the mirror side stands the man, seeing only his own strutting and gesticulating self reflected back at him, unaware that there is anything on the other side. On the transparent side, however, stands the woman, observing clearly the man in all his posturing but unable to see or realize herself." If women cannot see who we are, it is perhaps not too difficult to understand why we still accept "our lot" in our relationships with males. It is perhaps why women can see themselves parodied and ridiculed in the media and not respond. Davis notes that "what is remarkable is the insensitivity of the men who create and publicize this image of woman," a posture that the National Organization of Women called "an image that

Women called "an image that perpetuates contempt for women by society and by women for themselves."

It would seem that women perceive themselves as victims, and that they further perceive themselves and their children as helpless in the face of abuse, domination, sexual violence, etc. etc.

If women perceive themselves as powerless, it seems obvious that men perceive themselves as powerful. He is the master, she is the slave. The married man traditionally has considered his wife and children as chattel. That posture is changing, but it still remains a dominant factor in most American marriages. Women who try to extricate themselves from the social confines imposed upon them by a patriarchal society find it difficult to break through the overwhelming sexual barriers and concepts imposed on women by men.

No matter her professional standing, the woman in any corporate group is asked to "take notes" or to "get coffee" while the men take it as their due that because of her physical make-up, she is obligated in some way to serve them. Her intelligence, her capability, her qualifications seem unimportant to men. In the business world and in the social world, women are invariably placed in positions where they must serve the male.

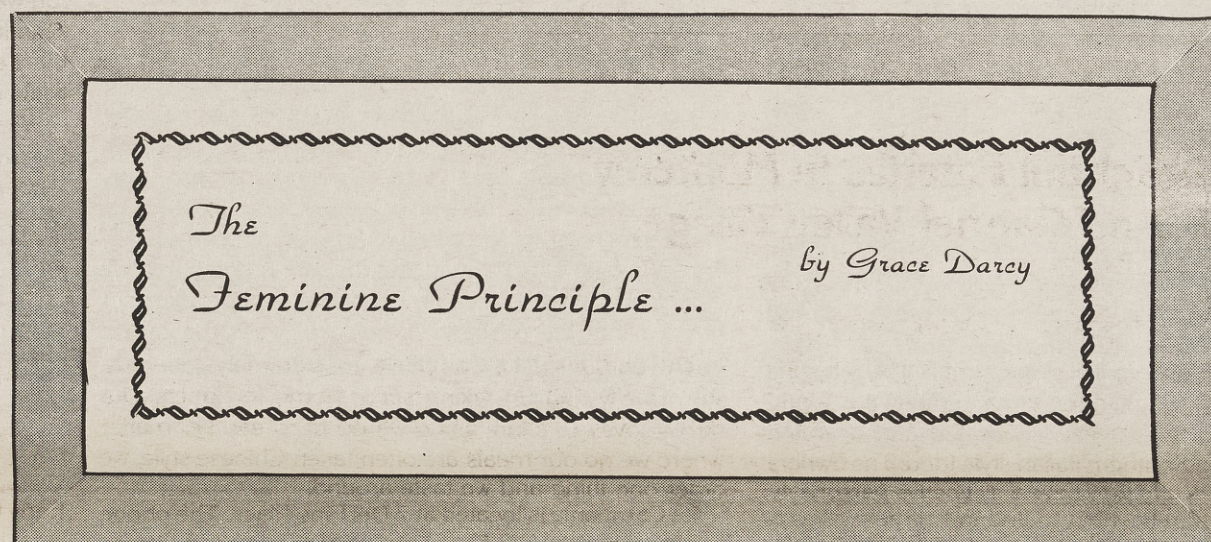
The media, particularly television, promote this concept of woman as servant, building upon the patriarchal tradition that has always perceived woman as chattel, servant, object. Look at TV commercials. Do you recall one that appeared some years ago that pushed a popular deodorant? It seems that the husband had body odor and the wife was supposed to tell him he was offensive and recommend the deodorant. Instead of

children. In one instance, a molester said he had sexually abused at least one thousand (that's not a misprint — 1,000) children. Another killed a young boy who refused to participate in the sexual abuse of a little girl who was his friend. Still another tortured, sexually molested most brutally, and finally killed a two year old girl. He was on parole for a similar offense.

In Monterey — yes, right here in this small community — the shelter for

move out of the shadows of their own cowardice and stand beside women in their efforts to help the battered and bruised and molested; when they recognize the woman in themselves, then they can be my brothers. Until then, they are my enemy...how can it be otherwise?

Congratulations to Jeanelle Kaminski, Sue Parris, Betty Plank, and Leslie



being honest and forthright in telling the man he had an odor problem, the TV commercial pictured the wife as a simpering, giggling ass who needed to assure her four-smelling mate that she loved him even if he was unbearable to be with.

Recently, a laundry soap ad has the woman as recipient of male ire because the dark colored towels are dirty. She, of course, has no way to prove that she just washed them, and so he throws the towel out of the shower and insists that because it does not smell fresh, it is not clean. Meekly, wifey takes the towel, mends her ways, and in the next camera shot she hovers expectantly outside the shower curtain awaiting his judgment on her ability to provide clean towels for him. Macho man is, of course, delighted that she has washed in a sweet smelling detergent or whatever.

There are other examples, of course, including the very offensive — to this writer — feminine hygiene ads that picture mother and daughter, heads together, in a conspiratorial conversation about feminine hygiene. If it is so confidential — and it is — why is it being broadcast to millions of people? The very nature of womanhood is exploited commercially in these crass advertisements.

A recent 20/20 segment showed us the men who molest children. They also described the victims of these men, and the men themselves told about the number of times they had molested these

battered women overflows because there isn't enough room. The shelter, run by the YWCA, is looking for private "safe houses" to protect wives and lovers from the violence of the men with whom they live. Rape — a crime that is so violent and so heinous that it harms not only a woman's body, but also scars her mind and emotions for life — is rising at a terrifying rate. Incest, now out of the closet, is a national disgrace.

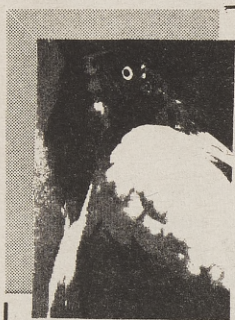
Women are helping women to safe homes, to rape crisis centers, to places where the scars can be erased or softened, placed where they will no longer be battered and/or abused. What are men doing? Damn little.

Men, particularly politicians and clergymen, like to hear themselves indulge in fancy rhetoric to the effect that we all are one great big family, loving and caring, etc. etc. ad nauseum. The facts belie the statement. We are not brothers and sisters as long as the sisters are battered, raped, victims of incest. We are not brothers and sisters as long as daughters are molested and used pornographically. We are not brothers and sisters as long as women are perceived as servants or sex objects. We are a long way from being "one family" when half of us are victims and the other half either the brutalizers or the uninvolved bystanders.

When men take positive steps to control those of their sex who perpetrate these brutal, unconscionable crimes against women and children; when they

Simon who recently were elected to the Board of Directors of the Professional Women's Network of the Monterey Peninsula...Mary Berta is one of the Valley's outstanding women...A bilingual, talented teacher and tutor, Mary has assisted many young people to realize their potential through improved reading and language skills. Another successful Women's Success Team seminar was held in mid-February at the home of Susan Bloch-Farrington...so successful was the event that Susan is planning another one for April...women who want to focus on their goals can call Susan at 625-6651...Sheila McMahon of Financial Management Company will guest lecture at the March 8th noontime brown bag luncheon at the Community Room in The Crossroads...Collette Chriqui of Bank of America's Carmel Valley Branch back at work after a brief vacation...welcome back Collette, we missed you...so many things happening with the very talented women of Carmel Valley that we don't have room to mention them all...maybe next time? See you then.

Editors Note: Yes folks, there really is a Grace Darcy and she invites you to respond to any comments she makes in her column.



Pat Quinn's Wildlife

By Pat Quinn, Director, George Whittell Wildlife
Rescue Center, Monterey SPCA

Plastic Madcaps

BE RESPONSIBLE FOR YOUR ACTIONS, AND TAKE
ACTION ON YOUR RESPONSIBILITIES.

I just read an article about the endangered giant leatherback turtles. Apparently they are killing themselves by eating discarded plastic bags. Bags they mistake for their favorite food which is "jellyfish". According to Robert C. Scoelkopf, Director of Marine Mammal Stranding Center in Atlantic City, N.J., "Autopsies of leatherback turtles have revealed stomachs and intestines blocked by plastic sandwich bags, potato chip bags, trash bags, and other plastic items." This bit of news prompted me to go back through our own files for 1982 and see how many patients we had with injuries related to man made materials, and I was astounded to see how many animals we treated with these types of injuries.

We treated a double crested cormorant that literally swallowed what appeared to be an 18 inch bed spring, of

which only 5 inches were protruding from the birds mouth. The rest had passed almost through the birds body. We received an endangered brown pelican with a plastic six-pack container covering its beak. This once proud twelve pound bird only weighed five pounds when it arrived at the wildlife center. It was slowly starving to death. We performed surgery on a fox that had his paw caught in a tin can with the lid pushed in. It took several stitches and several weeks of therapy before we could release the animal. We had countless seabirds in for similar injuries including the all too common "fish hook syndrome." We have a stock pile of metal from all the fish hooks that we have removed from various parts of birds. In addition, a raccoon and a great horned owl both met with the same type of obstacle. That being a discarded barbed wire fence. The treatment for the injuries sustained by these two creatures took months of intensive care.

Everytime we casually throw refuse out of a car window or leave trash behind after a marvelous day in the forest or on the beach, and everytime we simply dump our garbage over the side of a boat after a day on the water, we are contributing to the death or injury of innocent bystanders. It reminds me of an old Peter Paul & Mary song, "How many deaths does it take 'til we know that too many people have died?" This lyric is one that hits home for a lot of different reasons. We take things for granted in our daily lives. We take it for granted that the wife is going to have dinner on the table when we get home, and we take it for granted that the husband is going to wash the car on Saturday. I think though, that we have reached a place in our thinking where we can no longer be blind to our environment nor to the consequences of our actions.

Who would ever think that a leatherback turtle would be attracted to plastic bags? And who would suspect that a bird would swallow a metal object or try to wear a plastic six-pack holder? (Especially since they are not in fashion - at least not yet!) And who would suspect that an animal would do a hundred other things that a "rational" human being would never consider doing in a million years. Then why, as "rational" people would we contribute to the

destruction of the natural beauty, both flora and fauna, which exists all around us. You know, its been estimated that approximately 20% of the animal species on earth today will be extinct by the year 2000. Each year more and more animals are being considered for the endangered species list. And not to add a disturbing prospect to an already disturbing situation, but man is not exempt from becoming endangered himself.

Have you ever thought that maybe the simple act of not throwing garbage into the environment might save a species of animal from extinction? This may seem a little far fetched but I don't think so. There are all types of garbage and it comes in all different forms. The personal act of refraining from dumping indiscriminately into the environment is the first step in controlling all forms of garbage and pollution.

Besides who in their right minds would deliberately junk up their front yards with piles of refuse? It's not very pleasant, so why do it to the earth as a whole?



Your Mistakes

To all my faults my eyes are
blind;
Mine are the sins I cannot
find.
But your mistakes I see
aplenty;
For them my eyes are
twenty-twenty.

FLEA

Great fleas have little fleas upon their backs to bite 'em,
And little fleas have lesser fleas and so ad infinitum.
And the great fleas themselves, in turn, have greater fleas
to go on;
While these again have greater still, and greater still, and
so on.

Man Will Prevail

I decline to accept the end of man...I believe that man
will not merely endure: he will prevail. He is immortal, not
because he alone among creatures has an inexhaustible
voice, but he has a soul, a spirit capable of compassion
and sacrifice and endurance.

William Faulkner



P.O. Box 13, Carmel Valley, CA 93924

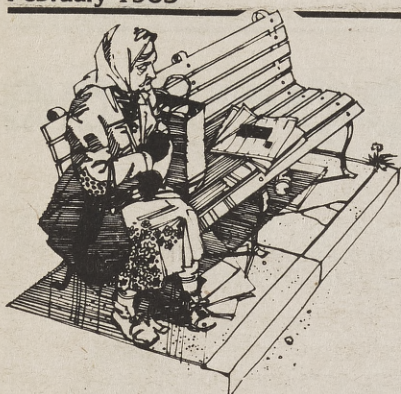
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A Lifeline for Isolated Seniors

The 'Friendly Visitor'



Mother Teresa of Calcutta, speaking in San Francisco earlier this year, said, "people today all over the world are suffering more from loneliness than poverty alone, and feeling the terrible pain of being unwanted."

Whether it be Calcutta or Monterey County, the pain and the feeling are one and the same. It is medically proven that the pain of isolation, confinement and loneliness are devastating to the human mind, body and spirit, while the exercising of a close personal relationship has the totally opposite effect, particularly in times of crisis or change, buffering mental stress and physical disability.

Today, in Monterey County, it is estimated there are 8,866 senior citizens living alone, many feeling the pain of being "unwanted." The Friendly Visitor Program of the Alliance on Aging is reaching out to these citizens in their loneliness, letting them know that they are wanted, that there are people who care for and about them.

The Friendly Visitor staff, represented by Program Director Toni Jacobson, Field Representatives Pat Sandstrum and Louise Marine, and Office Coordinators Nancy Boulware, Eleanor Catron and Marian Ward, together with the many volunteers, operate as a 'crisis' team in an 'out-reach' program, providing immediate support through social stimuli and genuine friendship. Many of the seniors participating in the program have no other person in their lives but their 'friendly visitor' and this relationship is necessary and important to them.

An example of this personal involvement is the story of a lovely senior lady, Lucy by name. Lucy had a young mother 'adopt' her and serve as her 'visitor' for four years, during which period a great sharing of love and caring grew and blossomed.

Recently, the 'visitor' received a midnight emergency call from her 'resident friend'. Leaving her young child in care of her husband, she dressed hurriedly and rushed over to her friend's house, finding Lucy extremely ill. After calling 911 and securing an ambulance, she accompanied her friend to the hospital and stayed by her side through the night.

Because of ill-health, Lucy had not been able to maintain her home. The Friendly Visitor was quite concerned about this, and called the Visitor Program staff to help her find an affordable cleaning person. In addition, she took Lucy's cat to the vet to be cared for and prepared the house for her friend's hopeful return home.

Sadly, that was not to be. Lucy died several days later of congestive heart failure. But the friendship had not died with Lucy's passing. As devoted as any daughter could be, the Friendly Visitor worked with the bank executor to

arrange the funeral services that Lucy had verbally requested. She found and placed new locks in the house (there had been an unpleasant intrusion by a distant relative), and she found a boarding home for the beloved cat of her friend. Her involvement will not end until she finds a permanent home for this other "friend" of Lucy's.

Other Friendly Visitors and 'resident friends' have similar stories and experiences to relate. An arthritically crippled man, living alone, awaits with anticipation the warmth and kindness of a Friendly Visitor who has rearranged her scheduled meal delivery so she can stop and spend some time with him.

A 5-foot, 5-inch, 76-year-old depressed and lonely man, abandoned by his wife and family, living alone in his three-bedroom home and having given up on life, has dwindled to a mere 80 pounds.

After being referred to the Visitor Program by Social Services, two Friendly Visitors have been visiting him almost daily, bringing tempting pumpkin puddings, protein supplements and personal human contact.

"I wanted to die before you came into my life," one Friendly Visitor recalls her 93-year-old senior lady saying. She was legally blind. The Friendly Visitor visited her daily, took her on outings and helped her with her paperwork.

Another challenge met by a Friendly Visitor was that of helping an 89-year-old lady, living alone after she lost both of her sons. She was overcome with a great inertia. The Visitor motivated her to clear out a locker's contents that had been stored for 12 years, to care about her appearance and to have a much needed cataract operation. The proceeds of the sale, which the Visitor conducted for her resident, on goods from the locker paid for the operation and she now has 20/40 vision in that eye.

Two ladies, one 90, the other 86, now "find life worth living" because their Visitors take them out of their confinement on shopping trips or to special events, such as the weekly Friendly Visitor group luncheons, a highlight of their week, as it is also for the 100-plus seniors that attend each week.

Without volunteers, this service could not be realized. In years gone by a 10% tithe of time was placed on a community to provide such service. Considering the base as being a 16-hour day, that would only be a 1.6 hour-a-day commitment. The Friendly Visitor Program, asking only for a minimum one-hour-a-week, has been able to satisfy the vital need for love and caring by many lonely residents and, concomitantly, enabling them to stay in their homes instead of being 'institutionalized'.

Other out-reach activities performed by the Friendly

Visitor program are "musicals" for blind seniors, educational programs, "armchair adventure" programs in the convalescent homes and trips to the opera in San Francisco.

In order to inform and encourage more people to participate in the Friendly Visitor Program, the staff is organizing church groups and groups within industry. Individualized training seminars are presented to these groups in their immediate areas, as well as semi-annual training sessions, held in conjunction with other agencies serving the needs of senior citizens.

There is always a great need for human resources, "the volunteer," to perform this challenging, but self-satisfying and rewarding service. If an individual is not able to make that one-on-one commitment as a 'visitor', fulfilling that primary need for love and caring, then there are the other activities of the program that fulfill succeeding needs of esteem and self-actualization in the educational, musical and convalescent hospital programs.

Should you be interested in volunteering, want more information, or know of a senior in need of help, please call the Friendly Visitor Program in Monterey, 649-1222, or Salinas, 758-0911, and talk to either Toni Jacobson or Patricia Sandstrum, or Louise Marine in Salinas.

Pat Sandstrum

What's New(s)?....

The Senior Citizen Information and Referral Program is, again, sponsoring income tax training for volunteers who wish to assist seniors with completing their tax returns. The Internal Revenue Service and the Franchise Tax Board will provide 35 hours of training at the Monterey Information and Referral office located at the New Monterey Neighborhood Center. Drop in or call 646-4636...The Monterey Post Office and Information and Referral will jointly participate in the Postal Alert Program. Disabled and senior residents of Monterey will soon be eligible for this special service which enables postal carriers to report to their supervisor when mail is left in the mailbox for more than one day. The supervisor, in turn, contacts the Information and Referral office who may then call a pre-arranged emergency number. This service is currently available only in the City of Salinas. Postal Alert is a program designed to help isolated seniors feel more comfortable living alone...Hosannas to the Senior Nutrition Program — at Thanksgiving and Christmas an all-time record total of almost 800 meals was served on each of those days to seniors in Monterey County.

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Circuit Breakers	Pipes	Electric Heaters
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Blossoming Gardens And Professional Care Cleaning Services

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Chris Allaire

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CARMEL VALLEY NATURAL FOOD NEWS

The Annual Conference and Exposition for the Natural Food Industry held in February was a fascinating and informative introduction for me in my new endeavor, "Carmel Valley Natural Foods." Not only was I exposed to over 1,000 different products but I was able to hear some very well respected men and women in the field who share great enthusiasm concerning the rise in the attitude of people toward healthy living.

We will do our best here at the store to relay to you what is new and available so that you can all share in the highest quality food and merchandise.

Our nutritional counselor Blair again has some exciting news for you. Please feel free to allow Blair to share with you her experiences and knowledge of nutrition and health.

While attending the Natural Foods Exposition in Anaheim this February I was delighted to participate in a symposium given by Willis Harman, Ph.D. and President of the Institute of Nutric Sciences, and Jeffrey Bland, Ph.D., Nutritional Biochemistry.

Dr. Harman's presentation included a historic perspective of the natural foods movement paralleling broad social and scientific changes toward the reaffirmation of individual and environmental values. Our choice of high quality, ecologically considerate, unrefined foods is a political statement of more conscientious agricultural and industrial values and a more effective health-care delivery systems as well as a commitment to our individual responsibility for our own health.

Dr. Jeffrey Bland teaches nutritional Biochemistry at the University of Puget Sound in Tacoma, Washington. His detailed and fascinating lecture covered several nutritional concepts and controversies, including primary scientific journals and reviews in which we can research our questions: and case studies evaluating:

1. Does Vitamin C. Supplementation help lower blood cholesterol? 2. Are fish oils (Max. EPA) helpful in preventing heart disease? 3. Are there any benefits of orally administered glandular tissue concentrates? 4. Does wheat germ oil concentrate contain any important activating substances? 5. What is the difference between Vitamin A and Carotene?

Dr. Bland is very excited about the future of what he terms "green medicine" or accessory nutrients. The research is revealing that these substances (for Example, Max EPA, evening primrose oil, beta-carotene, octocosenol) in addition to their nutritional content are therapeutic as far as activating individuals particular metabolism.

Let's consider Omega-3 EPA, eicosapentaenoic acid, marketed as Max EPA, which is a particular unsaturated dietary fat from fish that has a direct influence on endocrine secretions, i.e. hormones. It also lowers plasma triglycerides and LDL cholesterol at doses of 5 to 20 grams a day. Max-EPA prevents the excess sticking of platelets lowering the risks of coronary thrombosis or clotting. This Omega-3 may also desensitize allergic reactions because it enhances T-lymphocyte function which is necessary for a healthy immune response system.

I invite you to come in the store and ask me more about Dr. Bland's presentation and any questions you might have about nutrition and health. See you there!

Sincerely
Blair

A Wholesome Salad-Dressing Base

Take a whole egg with shell and place in a round-mouth bottle.

Cover the egg with apple-cider vinegar and let it sit at room temperature until the shell dissolves. This should take about a week. (The egg will still look intact due to the membrane, which does not dissolve.)

Blend the mixture and pour it into a salad-dressing jar. Fill with an equal volume of sunflower-seed oil. Add 100 IU vitamin E by puncturing a capsule and squeezing it into the oil.

Season to taste using garlic (fresh-squeezed), salt, herbs, sesame seed mash, or other spices.

Add oil lecithin by teaspoon and shake the oil and vinegar mixture. (Add lecithin until the oil and vinegar stay mixed.)

You now have a vegetable-oil based dressing, rich in calcium, protein, and vitamins, including vitamin E.

Use honey and poppy seeds to make a unique variation.

Dips and Spreads

You can invent many variations of the following recipes for dips. You can make them thinner by adding more liquid and use them for salad dressings. Reduce the liquid and they can be used to stuff celery or to fill pita bread.

Tofu Dip

1 pound tofu	2-4 tablespoons safflower oil
4-5 tablespoons diced fresh onion	juice of 1 or 2 lemons
1 teaspoon (or more!) dill seed	2 tablespoons or more fresh parsley
1 tablespoon tamari (soy sauce)	

Toss all the ingredients in the blender and beat until very smooth (or mash and beat by hand if you have no blender). Serve with assorted raw vegetable slices.

VARIATIONS: Season tofu with curry and fresh onion, omitting other seasonings, or add basil and a little tomato paste. Use your imagination.

Spaghetti with Meatless Protein-Rich Sauce

Start cooking:	1/3 cup sunflower seeds ground in
1/2 pound spaghetti	blender with
	1/4 cup peanuts
Sauce:	1 teaspoon oregano (optional)
oil as needed	2 tablespoons chopped parsley
1 large onion, chopped	(optional)
1/4 pound mushrooms, chopped	16 ounces of spaghetti or marinara
(optional)	sauce
1/4 cup soy grits	1 tablespoon Parmesan cheese (more
	to taste)

Saute the onion and mushrooms (optional) in oil in a skillet until lightly golden. Add soy grits and ground seeds and nuts, stirring constantly until they are thoroughly toasted (about 5 minutes). Add optional herbs, the spaghetti or marinara sauce, and 1 tablespoon Parmesan. Simmer over low heat while you drain the spaghetti. Adjust seasoning to your taste. Serve on spaghetti with with Parmesan. SERVES 4.

New York Times

CROSSWORD PUZZLE

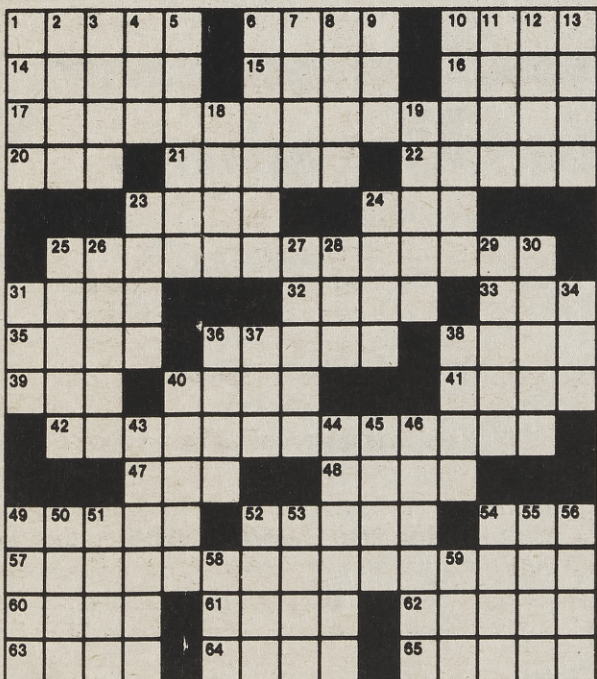
Edited by EUGENE T. MALESKA

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14 N.C.O.'s "— face!"
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62 Made a boo-boo
63 Carol
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10 Dinner's high point
11 Site of the Farnese Palace
12 Farther from the hole on the green
13 Liberty or America
18 Actress Schneider
19 Pin of a sundial
23 Neighbor of Neb.
24 Taj Mahal's city
25 What thirsty plants do
26 Capital of Ghana
27 Alpha's partner
28 Author Anaïs Virgin —, West Indies
30 Hashed browns, e.g.
31 Service org.
34 Headline units
36 Ayah's garb
37 Foot soldiers: Abbr.
38 Emcee's spot
40 Cousin of a fez
43 Corn in-florescence
44 Haydn specialty
45 — fixe
46 Decrease
49 "... his nose was as sharp as —": Shak.
50 Machete
51 Cathedral's east-end projection
52 In the pink
53 — fortis (nitric acid)
54 Epistolary salutation
55 Idyllist
56 Singer Gibb
58 Football squad mems.
59 Refrain syllable

DOWN

- 1 Large collection
2 O.T. book
3 The sandbox set
4 "What?"
5 Simmered
6 Shrink back
7 Deep yearning



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Want To Get Involved

Alliance on Aging
Support and Education
for Senior Citizens
Every Friday, 11:20 a.m.
Masonic Temple
Pacific Grove

C.V. Community Center
Board of Directors
Service organization
Last Wed., 7:30 p.m.
Activity house

C.V. Village Improvement
Committee
Professionals concerned
with Village beautification
and security.
Second Friday, 12 noon
Los Laureles Lodge
No host luncheons

Camel Rancho Lions Club
Service organization
First and Third Wednesday
8:00 a.m.
Crossroads Community
Room

C.V. Garden Club
Service organization
Second Thurs., 8 p.m.
Hidden Valley Music
Seminars

Friends of C.V. Library
Service organization
First Tuesday of Month
7:30 p.m.
At the library

C.V. Kiwanis
Service organization
Tuesdays, 12 noon
Hidden Valley Music
Seminars

Community Christian
Church
Sunday, 10:30 a.m.
Carmel Valley Community
Center

Camel River Watch
River management and
restoration
First Thursday, 7:30 p.m.
Baptist Church
Schulte and Carmel
Valley Roads

C.V. Native Plant Society
Third Tues., 7:30 p.m.
Carmel High School

County Board of
Supervisors
Tuesdays, 10 a.m.
Supervisors Chambers,
Salinas

C.V. Chamber of
Commerce
Service organization for
business
general meetings vary
call 659-4000 or
625-1200
for meeting dates,
place and time

C.V.P.O.A.
Representing property
owners in planning and
development matters.
Second Wed., 7:30 p.m.
Mid Valley Fire Station

National Organization for
Women
Third Wed., 7:00 p.m.
Monterey Library

C.V. Community Chapel
Sunday Service 11 a.m.
Sunday School &
Nursery available
Village Dr. & Paso Hondo
Bible Studies
Thursday, 10 a.m.
15 Flight Road

C.V. Rotary
Service organization
Tuesdays, 12 noon
Rancho Canada

Professional Women's
Network
Service organization
Fourth Tues., 7 p.m.
Crossroads
Community Room

C.V. Womens Club
Service organization
First Wed., 12 noon
meeting place varies.

Tularcitos Parents Club
Service organization
Third Thurs., 7:30 p.m.
Tularcitos School Room 9

ANSWER TO PUZZLE

R	O	T	H	S	R	A	S	P	E	R	A	M
A	B	O	U	T	E	C	U	S	N	O	W	I
F	A	T	H	E	R	C	H	R	I	S	T	M
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O	R	C	A			M	I	R	E	O	P	E
R	O	C	K		S	I	E	N	A	D	R	U
T	O	R		B	A	N	G			A	D	D
P	A	T	E	R	F	A	M	I	L	I	A	S
			A	R	I			I	D	E	S	
A	B	A	S	E		W	A	N	E	S	S	P
P	O	P	S	T	H	E	Q	U	E	S	T	I
E	L	S	E		B	L	U	E		E	R	R
N	O	E	L		S	L	A	T		N	A	S



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